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GUN CONTROL

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metroNEWS

Your essential daily news | WEDNESDAY, JANUARY 6, 2016

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CLOSED FOR MEOW

Catfé taking a catnap to restock on kitties after too many were adopted during its opening three weeks

metroNEWS

Larry the cat enjoys a nap inside the cat lounge at Vancouver's Catfé.
TEREZA VERENCA/FOR METRO

Former KGB worker a Canadian hopeful

FEDERAL COURT

Russian forced to leave family in B.C., but 'doors opening'

The federal Liberal government may be setting a new tone within the immigration department, clearing a path to reunite a former Russian KGB translator with his family in Canada, says his lawyer.

Mikhail Lennikov, 55, voluntarily left six years of church sanctuary in Vancouver just months before a Federal Court overturned his failed application for permanent residence on humanitarian and compassionate grounds.

The court decision, publicly released on Dec. 22, directs the application be reviewed by a different immigration officer.

His lawyer, Hadayt Nazami, said he hopes the order will be returned in Lennikov's favour now that the political climate has shifted with the replacement of the Conservative government.

"Basically all the doors were shut, completely shut. And now you can see a door opening slightly and that's significant," Nazami said of the decision.

He said if there are no "systemic biases" or an "invisible will" to influence the decision, then there's no reason immigration officers should feel prevented from deciding his client's case.

Lennikov claimed refuge in Vancouver's First Lutheran Church in June 2009, but departed on his own accord last August after negotiations with the Canada Border Services Agency.

He left behind his wife and adult son, who are now Canadian citizens, after the isolation likely became unbearable, Nazami said.

"It's extra difficult for someone like him when he knows that the entire system is against him — it was at the time," he said.

"When you're already pressed down so hard, it's not easy to stay positive forever."

The recent Federal Court ruling was the first positive judicial decision for Lennikov in a series of legal challenges to stay in Canada, said Nazami. The man had initially moved to British Columbia on a student visa in September 1997.

Judge Elizabeth Heneghan granted the judicial review after determining that the immigration officer who denied Lennikov's permanent residence application had erred. She found the officer had analyzed Lennikov's inadmissibility after an early decision had already made a determination on the issue.

ACCUSATIONS

Lennikov was ordered deported in May 2006, based on accusations he had worked as a spy for the notorious Soviet security service. But expert evidence in immigration hearings later found he was coerced into his five years of KGB employment — and that his work never involved espionage.

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Fast-food chains wage price war with meal combos designed to discourage dollar menus

Mayor asks province, feds for help with land prices

HOUSING

'Alarming' rise in real estate market: Robertson

Emily Jackson
Metro | Vancouver

Vancouver Mayor Gregor Robertson is calling on the federal and provincial governments to take urgent action to cool the region's "runaway" real estate market in response to B.C. Assessment's eyebrow-raising property valuations for 2016.

The price jumps "demonstrate the stark and alarming ways that our region's housing market is divorced from local incomes," Robertson said in an emailed statement on Tuesday, the day after people balked at average single-family house value increases between 15 per cent and 30 per cent in Metro Vancouver.

"Far too many families on modest incomes cannot afford to live in our city or even in this region, which has enormous consequences for Vancouver's economy and quality of life."

Robertson renewed calls for a speculation tax and a luxury housing tax, along with a plea for the government to collect data on foreign investment and vacant housing. He also reiterated his often-repeated call for investment in affordable housing.

Robertson stated a speculation tax would prevent some owners from flipping houses and a luxury housing tax would extract a little extra from those who can afford it.

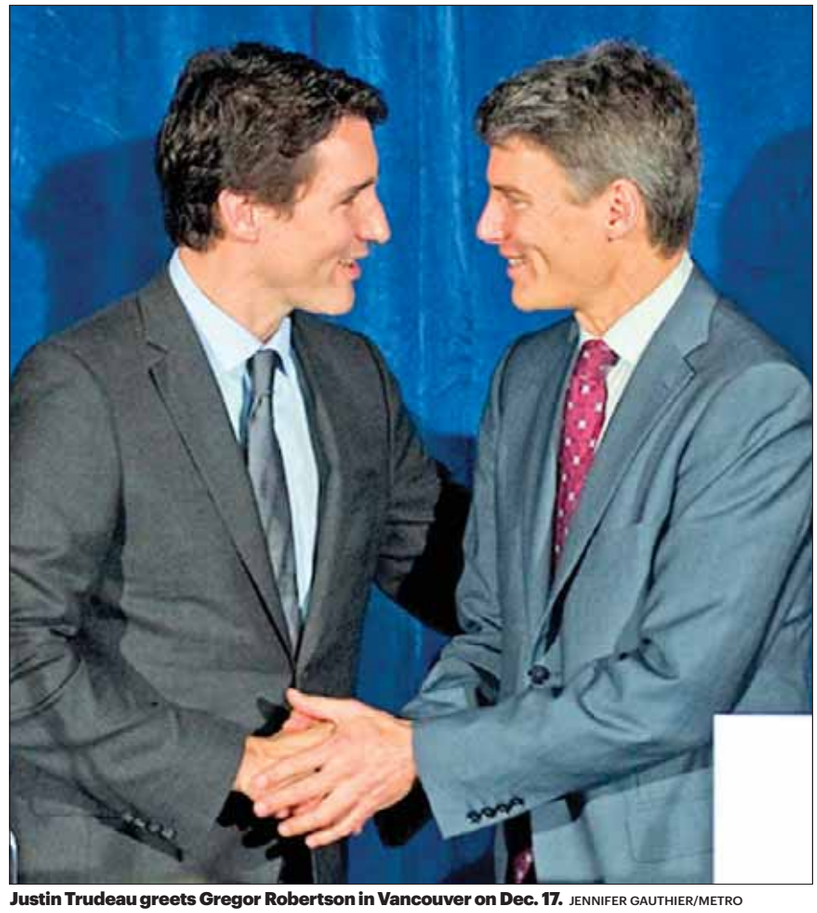
Both taxes should go toward make housing more affordable for people with lower incomes, he said, although he did not outline how.

He also asked for "far better tracking" of international investment and absentee owners, but stopped short of recommending what to do with that information.

Foreign ownership is a hot-button issue in Vancouver, with the mayor expressing worries about racism last year after urban planner Andy Yan released research suggesting Chinese capital is partly behind the real estate boom.

Both B.C. Premier Christy Clark and Prime Minister Justin Trudeau have expressed worries that tools that might cool the market could lower property values and hurt the equity of existing homeowners.

> **Far too many ... cannot afford to live in our city.**
> Gregor Robertson



Justin Trudeau greets Gregor Robertson in Vancouver on Dec. 17. JENNIFER GAUTHIER/METRO

CRIMINAL LAW

Liberals rally for Miller

A number of heavy-hitting B.C. Liberals are throwing their money behind the party's former executive director Laura Miller, who is attempting to crowdsource $100,000 to cover legal fees as she faces criminal charges for allegedly destroying thousands of government emails in Ontario.

Miller, 36, resigned from her B.C. position in December after the Ontario Provincial Police charged her with breach of trust and mischief in connection to the deletion of documents regarding the Ontario Liberals' decision to cancel two gas plant contracts in 2011, a move that could cost taxpayers more than $1 billion.

At the time, Miller was then-Ontario Premier Dalton McGuinty's deputy chief of staff. McGuinty's chief of staff David Livingston is also facing charges, with both denying any wrongdoing.

Miller, who hired high-profile Toronto lawyer Clayton Ruby to defend her, has already raised more than $29,000 from 38 donors through the fundrazr.com campaign. It was supposed to be a private campaign, Miller told The Canadian Press in an email, but the link made its way to the media.

"I am deeply grateful for the kind notes of encouragement, the generous contributions in support, and everything in-between," Miller wrote.

EMILY JACKSON/METRO
WITH FILES FROM THE CANADIAN PRESS AND MATT KIELTYKA/METRO

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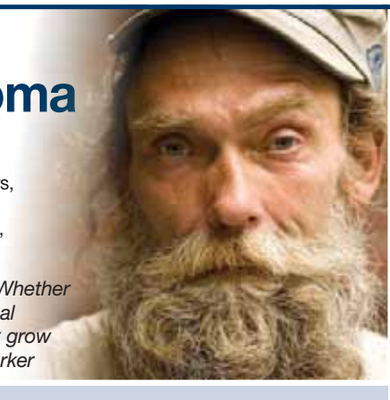

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TAX BILL GRANT

Most homeowners OK for aid: De Jong

As the average selling price for single-family homes in Vancouver surpasses $2.5 million, the provincial government moved Tuesday to ensure residents with property assessed at less than half that amount are eligible for homeowner grants.

Finance Minister Mike de Jong said the skyrocketing price of some B.C. homes prompted the government to boost the threshold for those eligible for the $570 homeowners grant to $1.2 million. De Jong said the increase from $1.1 million means 91 per cent of B.C. property owners remain eligible to claim the grant that cuts their annual property-tax bill.

The announcement comes as annual property assessments arrive in the mail and many, particularly in Metro Vancouver, reveal dramatic increases in property values.

91%

of B.C. property owners remain eligible to claim homeowners' grant.

Assessed property values jumped in other areas of the province, with increases of almost five per cent in Victoria and nearly eight per cent in Kelowna. No community came near the double-digit increases in Metro Vancouver.

In the northeastern B.C. town of Tumbler Ridge, assessed property values plummeted more than 36 per cent.

De Jong said rising property assessments are generally positive developments for homeowners who are realizing increases in their equity.

THE CANADIAN PRESS

EXPORTS

Shell-led LNG firm obtains key permit

A Shell-led joint venture company has obtained a key permit to build a liquefied-natural-gas export facility in northern British Columbia.

LNG Canada is the first in the province to receive a facility permit from the B.C. Oil and Gas Commission. The document outlines the requirements for design, construction and operation of the proposed facility in Kitimat.

Director of external affairs Susannah Pierce said it's a crucial development for the project, following environmental approval from federal and provincial authorities last June.

"Really, what (the permit) looks at is: how are we designing the facility? How are we ensuring that it can operate safely in the community? How have we engaged with the community?" she said Tuesday.

Pierce said the company had reviewed and was comfortable with all 30 conditions imposed by the permit.

The project could cost up to $40 billion US and would initially consist of two processing units called trains, each able to produce 6.5 million tonnes of LNG annually. The facility could be expanded to four trains in the future.

LNG Canada has not yet made a final investment decision. The joint venture company is made up of Shell Canada Energy and affiliates of PetroChina, Korea Gas Corp. and Mitsubishi Corp.

THE CANADIAN PRESS

A person sleeps rough in Vancouver's Downtown East Side. MATT DESOUZA/FOR METRO

Homelessness data missing Vancouver

CANADA-WIDE SURVEY

Councillor happy anyway, says federal strategy needed

Emily Jackson
Metro | Vancouver

A Vancouver councillor is celebrating the federal government's plans to conduct the first Canada-wide homeless count in 2016, even though the count doesn't include the west-coast city with the nation's most obvious homelessness problem.

Coun. Kerry Jang applauded the nationwide count announced Tuesday as a data-driven, best-practice approach to finding information about who is sleeping rough and what sort of housing is needed. He believes the count will be crucial for developing a national housing strategy.

"This is great news that homelessness is actually on the national agenda," Jang said. "No one had actually gone out and asked the folks that need it the most what they need."

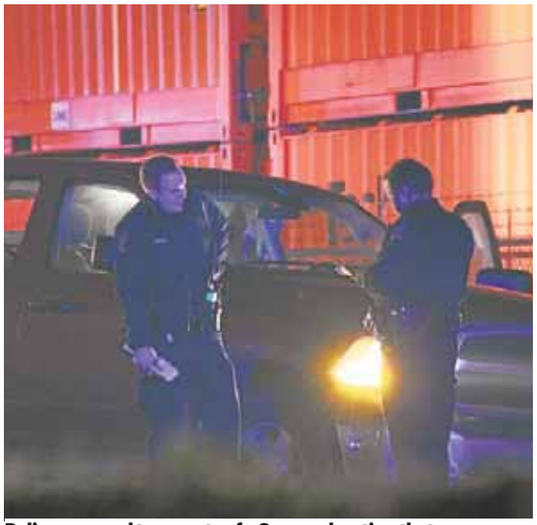
The count will involve 30 communities across the country from Victoria to Halifax. Notably missing from the list, however, are Vancouver and all other Metro Vancouver municipalities.

> **"This is great news that homelessness is actually on the national agenda.**
> Coun. Kerry Jang

But this isn't a snub, according to Jang and a Metro Vancouver spokesperson. Since the city already conducts an annual homeless count and the regional government does one every three years, the municipalities didn't apply for funding to replicate programs that already exist.

Vancouver staff members are working with the federal government to adjust some questions to ensure the local data can be incorporated into the federal count.

"It will be comparable.... There will be an overlap, but our questionnaire is quite detailed," Jang said, pointing to questions about gender identity, couch surfing and mental illness. "We didn't want to jeopardize our year-to-year data points."



Police respond to reports of a Surrey shooting that culminated in a high-speed crash during a chase in Delta on Monday night. CONTRIBUTED/SHANE MACKICHAN

Man chases his alleged shooters

CRIME

Surrey resident followed car while calling the police

A Surrey man engaged in a high-speed chase on Monday night after he was allegedly shot at by the occupants of a suspicious vehicle parked in his neighbourhood.

Just before 8 p.m., Surrey RCMP received a call from the local resident, who let them know he had confronted a white Pontiac. The three people inside the car allegedly fired several shots at his vehicle and then fled the area.

"The citizen then engaged in following the person while on the phone with police as he went through Surrey on the highway, and then eventually into Delta where the suspect vehicle he was following lost control and hit a hydro pole," said Sgt. Paul Hayes.

The trio attempted to run from the scene, but were nabbed by police and arrested shortly after. RCMP also ended up seizing a firearm.

One of the suspects is 25-year-old Cory Myers from Surrey, who has a Canada-wide warrant for failing to comply with probation, as well as a local warrant for break and enter. All three were taken to hospital for non-life-threatening injuries. (Two have been released and remain in police custody, while the third has yet to be cleared.)

Pursuing a vehicle, meanwhile, is never recommended, stressed Hayes.

"Call 911 and leave it to police to handle those matters. He placed himself, the suspects and the general public at tremendous risk, regardless of his motives."

IN BRIEF

Premier Clark calls byelections for two Metro Vancouver ridings

The race is officially on for two empty Metro Vancouver seats in the B.C. legislature.

Premier Christy Clark called byelections on Tuesday for Vancouver-Mount Pleasant and Coquitlam-Burke Mountain after the MLAs in both ridings resigned their seats in order to run in the October 2015 federal election. Voters will hit the polls on Feb. 2 to replace the B.C. NDP's Jenny Kwan, who was elected as NDP MP for Vancouver East, and B.C. Liberal Doug Horne, who failed to win a seat for the Conservatives in Coquitlam-Port Coquitlam.

Liberal, NDP and Green candidates are vying for the seats. EMILY JACKSON/METRO

TRANSLINK

HandyDART, Compass cards not yet in sync

Emily Jackson
Metro | Vancouver

HandyDART, TransLink's door-to-door service for people with disabilities, is not yet compatible with Compass cards and will be one of the last to switch to the new fare system.

The pause is so TransLink can work with its advisory committee for accessible transit to educate customers on how to use Compass cards, said Merrilee Ashworth, TransLink's manager of access transit.

"We just want to make sure we're getting it right for our access transit customers," Ashworth said Tuesday. "We want to make sure we're supporting them along the way."

The only change for HandyDART passengers is that they now must buy FareSaver tickets — either single passes, a package of 10 or a monthly pass — directly from the HandyDART drivers, as the passes are being discontinued and not sold elsewhere.

TransLink is not worried about the drivers carrying higher volumes of cash as it's merely introducing an old system of buying passes from the driver that it replaced several years ago, Ashworth said.

HandyDART fares are the same as a regular adult one-zone pass, and concession rates for adults older than 65 or for HandyCard holders have never applied to the service.

If someone who is eligible for HandyDART already has a Compass card, they would not be able to use it for the service, but Ashworth was adamant no one will pay more.

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Dine Out Vancouver set to have biggest year

FOOD & DRINK

17-day event to include an exclusive festival beer

Tereza Verenca
For Metro | Vancouver

Tourism Vancouver is expected to host its biggest Dine Out festival this year, with 288 participating restaurants on the list — that's 10 more than 2015 and 231 more than 2003, the inaugural year.

The 17-day culinary extravaganza, set to kick off Jan. 15, will attract well over 100,000 foodies and serve more than 80,000 meals, according to the festival co-ordinator.

"It's really growing in popularity," Lucas Pavan said of the 14th annual event, which offers diners three-course menus at $20, $30 and $40 price points. "There's more awareness about tourism and Dine Out and what Dine Out can accomplish for a restaurant's bottom line in January, which is a traditionally slow time of year for business.

"I've heard restaurants say to me that now it's almost like you must participate in Dine Out, otherwise you're not going to be busy at all," he added.

Diners are predominantly from the Lower Mainland, Pavan noted, but added it's not unusual to encounter visitors from far off places, like China or Australia.

"We use (Dine Out) as a way of promoting Vancouver as a culinary destination in the world," he said. "We have many coming up from Seattle and Portland as well."

Besides a host of menus to choose from — all of which will be unveiled online on Wednesday — Dine Out offers up 21 hotel options for special room rates and packages.

There are also more than 100 scheduled "food-themed experiences," including a continuation of last year's world chef exchange, where top chefs from Sydney, New York, Copenhagen, Los Angeles and Puerto Vallarta team up with local chefs to produce one-of-a-kind feasts.

This year's Dine Out Vancouver Festival is expected to attract well over 100,000 foodies. CONTRIBUTED

New this time around is an exclusive festival beer brewed by Big Rock Urban Brewery & Eatery.

"It was just an idea that popped up. We were like, you know what, let's make a beer," said Pavan.

One of the venues Pavan anticipates will be very popular is Kitsilano's AnnaLena, which was voted the sixth best new restaurant in Canada in 2015 by Air Canada's enRoute magazine.

SHELTER SHIPMENT

Cat café runs out of adoptable felines

It seems cats and coffee is proving to be the purr-fect combination — Vancouver's Catfé has found loving homes for 11 of its felines and is closed this week while it waits for the next shipment.

"I didn't anticipate that adoption would happen so quickly," owner Michelle Furbacher told Metro.

The temporary closure of Catfé is also due to some shipments not making it to Vancouver over the holidays. Furbacher said road closures (some cats are coming from as far as Northern B.C.) and bad weather were to blame.

> **"I didn't anticipate that adoption would happen so quickly.**
> Michelle Furbacher

The café, located inside the International Village Mall in Chinatown, opened its doors on Dec. 14 and was met with great enthusiasm. On its first day, there was already a three-week waitlist to get in. Furbacher pursued the entrepreneurial idea — a partnership with the B.C. SPCA — after stumbling on a YouTube video of a cat café in Japan.

The B.C. SPCA's Lorie Chortyk said the organization is thrilled Catfé has been such a successful adoption venue, but expects things to change in the coming weeks.

"This is probably the only time of year when we have fewer cats in our shelters. Come spring, when all the kittens start coming in, that's when there's a huge cat overpopulation," she added.

Catfé will house between eight to 12 cats at a time, as to not overwhelm them, Furbacher explained. Even though there may not be any felines to adopt right now, she stressed shelters around the province are always looking for loving families.

"People should feel welcomed to come into a shelter. For some, it's a sad place. It really isn't. It's a place where these animals have come in from often horrific situations. They're getting amazing care and that's where they're going to find their new home," said Chortyk.

Catfé will reopen on Friday.

TEREZA VERENCA/FOR METRO

Barn fire kills more than 40 racehorses

ONTARIO

Like losing a child, says one trainer who lost 7 animals

The deaths of 43 racehorses in a massive barn fire is more than just a professional catastrophe — it's akin to losing members of a family, one trainer said Tuesday.

Dan Lagace was working with seven horses that were being housed at the Classy Lane Stables in the southern Ontario town of Puslinch, about 20 kilometres south of Guelph. All of his animals and three dozen others perished Monday night in a blaze that could only be subdued through the efforts of 50 firefighters from multiple communities.

"It's almost like losing a child," the 38-year-old said.

Lagace said the blaze also represents a devastating professional setback. He said he has virtually nothing left, since equipment amassed over years was also destroyed in the fire.

The economic impact extends well into the close-knit, horse-oriented community, said Classy Lane co-owner Jamie Millier. Grooms, veterinarians, blacksmiths and other professionals involved in the industry will be feeling the effects of the equine deaths for months to come, he said.

Millier had been vacationing in Florida when he got word of the fire and hastily flew back to Canada. He said 43 horses were in the barn when the fire broke out. The death toll would have reached 45, but two other horses normally housed in the barn were out at races at the time.

The fire broke out on a night when temperatures dipped as low as -20 C.

Local crews responded quickly, but found the barn fully engulfed in flames once they arrived on scene.

Puslinch's fire chief Steven Goode said the wintry weather caused hose lines to keep freezing up and created challenging road conditions.

THE CANADIAN PRESS

1 Tributes — Neighbour Madison Ross, 15, hangs ribbons, flowers and a stuffed pony she brought from home on a fence at Classy Lane Stables. Forty horses died during an overnight fire at the stables near Guelph, Ont.
TORSTAR NEWS SERVICE

2 Fighting the inferno — Firefighters work to bring a blaze under control at the Classy Lane Stables, in Puslinch, Ont., on Tuesday.
ANDREW COLLINS/ THE CANADIAN PRESS

3 All that remains of the barn — Firefighters walk past the destroyed the Classy Lanes Stables on Tuesday.
HANNAH YOON/ THE CANADIAN PRESS

STUDY

At least 2,250 vets homeless

For what's believed to be the first time, the federal government has estimated how many of Canada's homeless are former soldiers.

The March 2015 study by Employment and Social Development Canada estimates that 2,250 former soldiers use shelters regularly, about 2.7 per cent of the total homeless population that uses temporary lodging.

The report, which comes from a database that tracks 60 emergency shelters across the country, noted that the data does not capture the number of veterans who do not use shelters.

Researchers found that veterans who end up homeless tend to be older than non-veterans in the same circumstances. The average age of homeless veterans is 52, compared with 37 in the general population.

"Interestingly, there is a particularly high rate of episodic homelessness among female veterans," said the report.

THE CANADIAN PRESS

IN BRIEF

Cities opposed homeless count, data show

The federal government is moving ahead this month with a nationally co-ordinated count of homeless people, despite opposition from cities. Cities complained they wouldn't have enough time to get resources in place to count every homeless person during one 24-hour period, and that a count in January would skew results as the cold would drive more people indoors. THE CANADIAN PRESS

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Obama acts on gun control

UNITED STATES

Expanded background checks among planned steps

Tears streaking his cheeks, President Barack Obama launched a final-year push Tuesday to tighten sales of firearms in the U.S., using his presidential powers in the absence of tougher gun restrictions that Congress has refused to pass.

The president struck a combative tone as he came out with plans for expanded background checks and other modest measures that have drawn consternation from gun rights groups, which Obama accused of making Congress their hostage. Palpable, too, was Obama's extreme frustration at having made such little progress on gun control since the slaughter of 20 first-graders in Connecticut confronted the nation more than three years ago.

"First-graders," Obama said woefully, resting his chin on his hand and wiping away tears as he recalled the 2012 massacre at Sandy Hook Elementary School. "Every time I think about those kids, it gets me mad."

Obama's plan to keep guns from those who shouldn't have them marked a concession: He'll leave office without securing the new gun control laws he's repeatedly and desperately implored Congress to pass.

Although Obama, acting alone, can take action around the margins, only Congress can enact more sweeping changes that gun control advocates say are the only way to truly stem a scourge of mass shootings.

The centerpiece of Obama's plan is an attempt to narrow the loophole that exempts gun sales from background checks if the seller isn't a federal registered dealer. With new federal "guidance," the administration is clarifying that even those who sell just a few weapons at gun shows, flea markets or online can be deemed dealers and required to conduct checks on prospective buyers.

Whether that step can make a significant dent in unregulated gun sales is an open question, and one not easily answered.

Millions of guns are sold annually in informal settings, including many through private sales arranged online. But the Obama administration acknowledged it couldn't quantify how many gun sales would be newly subjected to background checks, nor how many currently unregistered gun sellers would have to obtain a license.

Easily reversible by a future president, the guidance to gun sellers lacks the legal oomph of a new law, such as the one Obama and like-minded lawmakers tried but failed to pass in 2013. The Justice Department said the guidance "has no regulatory effect."

What's more, none of the steps would have probably prevented any of the recent mass shootings that Obama invoked: Aurora, Oak Creek, Charleston, Newtown, to name some. But Obama defiantly rejected that critique, dismissing it as the tired trope of gun lobbyists who question "why bother trying?"

"I reject that thinking," Obama said. "We maybe can't save everybody, but we could save some."

Hoping to give the issue a human face, the White House assembled a cross-section of Americans affected by searing recent gun tragedies, including former Rep. Gabrielle Giffords. Mark Barden, whose son was shot to death at Sandy Hook Elementary School, introduced the president with a declaration that "we are better than this."

Obama conceded the steps will be challenged in court, a prediction echoed by Republicans. THE ASSOCIATED PRESS

Barack Obama gets emotional as he delivers a statement on executive actions to reduce gun violence. JIM WATSON/AFP/GETTY IMAGES

It won't happen overnight. It won't happen during this Congress.... But a lot of things don't happen overnight.

HIGHLIGHTS

What will change

1 Expanded background checks
Anyone who's in the business of selling guns must obtain a licence, regardless of whether they sell firearms online or at gun shows, and must conduct background checks on their customers. The government is also finalizing a rule to require checks for those who try to buy sawed-off shotguns, machine-guns and similar weapons through a trust, corporation or other legal entity.

2 More FBI examiners
The FBI will hire more than 230 more staff to help process background checks. The National Instant Criminal Background Check System in 2015 received more than 22.2 million background check requests. The FBI is also working to modernize NICS and improve the response time for alerting local law enforcement authorities that someone who is disqualified from buying a gun attempted to do so.

3 Lost and stolen weapons
A rule issued by the federal Bureau of Alcohol, Tobacco, Firearms and Explosives will clarify that a dealer shipping a gun is responsible for notifying law enforcement once it determines it was lost or stolen in transit.

4 Smart gun technology
A presidential memorandum to the departments of Defence, Homeland Security and Justice directs the agencies to conduct or sponsor research into smart gun technology. That technology is aimed at reducing the risk of accidental gun discharges and improving the tracing of lost or stolen firearms.

5 Mental health
The White House is proposing a $500 million investment to improve mental health care.

CIVIL WAR

Syria's north villages short on food, medicine

Pro-government fighters recently evacuated from two besieged villages in northern Syria described harsh conditions there with scarce food and medicine, saying some residents are eating grass to survive and undergoing surgery without anesthesia.

The villages of Foua and Kfarya have been under siege for more than a year, but the situation has worsened since September. That's when insurgents captured a nearby air base where helicopters used to take off and drop canned food, vegetables, rice and bread to about 30,000 people in the mostly Shiite area.

"Our life was catastrophic."
Hussein Mahdi Kazem

"Our life was catastrophic in Foua and Kfarya," said Hussein Mahdi Kazem, a 16-year-old wounded fighter, speaking from a hospital bed in Beirut, where he was evacuated last month from Kfarya.

But the two Shiite villages are not alone in their suffering. Both sides in Syria's nearly 5-year-old conflict have used siege tactics on towns or villages as a way of getting an area under control.

In retaliation for the siege of the Shiite villages, opposition activists say Syrian troops and members of Lebanon's Hezbollah militant group have taken harsh measures against a Sunni area of Syria of about 40,000 people near the Lebanese border.

The mountain border town of Madaya has been besieged since early July, and conditions have worsened with colder weather and dwindling supplies. THE ASSOCIATED PRESS

Hani Ali Hassan, 19, was evacuated to Beirut from Foua, which has been under siege for over a year. HASSAN AMMAR/THE ASSOCIATED PRESS

IN BRIEF

U.K. accused of security lapse in case of fighter
Opposition MPs criticized the British government for failing to prevent a man charged with serious crimes from travelling to Syria to join ISIL. The accusations came after reports that a man who appeared in an ISIL video in which five purported spies were killed might be Siddhartha Dhar, also known as Abu Rumaysah. While nobody has provided a firm link, the Labour Party spokesman on terrorism said either way the government failed to properly monitor Dhar after he was freed. THE ASSOCIATED PRESS

‘Successful’ H-bomb test claimed

NORTH KOREA

If confirmed, could lead to sanctions and more isolation

North Korea said Wednesday it had conducted a hydrogen-bomb test, a defiant and surprising move that, if confirmed, would put Pyongyang a big step closer toward improving its still-limited nuclear arsenal.

A television anchor read a typically propaganda-heavy statement on state TV that said North Korea had tested a “miniaturized” hydrogen bomb, elevating the country’s “nuclear might to the next level” and providing it with a weapon to defend against the United States and its other enemies.

The statement said the test was a “perfect success.”

The test, if confirmed by outside experts, will lead to a strong push for new, tougher sanctions at the United Nations and further worsen already abysmal relations between Pyongyang and its neighbours.

North Korean nuclear tests worry Washington and others because each new blast is seen as pushing North Korea’s scientists and engineers closer to their goal of an arsenal of nuclear-tipped missiles that can reach the United States.

While a hydrogen bomb is much more powerful than an atomic bomb, it is also much harder to make. In a hydrogen bomb, radiation from a nuclear fission explosion sets off a fusion reaction responsible for a powerful blast and radioactivity.

North Korea is thought to have a handful of rudimentary nuclear bombs and has spent decades trying to perfect a multistage, long-range missile to eventually carry smaller versions of those bombs. After several failures, it put its first satellite into space with a long-range rocket launched in December 2012.

Experts say that ballistic missiles and rockets in satellite launches share similar bodies, engines and other technology. The UN called the 2012 launch a banned test of ballistic missile technology.

Some analysts say the North hasn’t likely achieved the technology needed to manufacture a miniaturized warhead that could fit on a long-range missile capable of hitting the U.S. But there is a growing debate on just how far the North has advanced in its secretive nuclear and missile programs.

In the first indication of a possible test, the U.S. Geological Survey measured an earthquake Wednesday morning with a magnitude of 5.1.

An official from the Korea Metrological Administration, South Korea’s weather agency, said the agency believed the earthquake was caused artificially based on an analysis of the seismic waves and because it originated 49 kilometres north of Kilju, the northeastern area where North Korea’s main nuclear test site is located. The country conducted all three previous atomic detonations there.

North Korean leader Kim Jong Un THE ASSOCIATED PRESS

South Korea detected an “artificial earthquake” near North Korea’s main nuclear test site Wednesday. THE ASSOCIATED PRESS

The size of Wednesday’s quake is bigger than seismic activity reported in previous atomic bomb tests. Yonhap news agency reported that quake monitoring agencies detected magnitudes of seismic activity of 3.7 in 2006, 4.5 in 2009 and 4.9 in 2013.

After the North’s third atomic test, in February 2013, Pyongyang launched a campaign of bellicose rhetoric that included threats to launch a nuclear attack on the United States and Seoul. North Korea claimed in 2013 that it had scrapped the 1953 armistice that ended fighting in the Korean War. Pyongyang has also restarted a plutonium nuclear reactor shuttered after a 2007 nuclear deal that later fell apart.

Since the elevation of young leader Kim Jong Un in 2011, North Korea has ramped up angry rhetoric against the leaders of allies Washington and Seoul and the U.S.-South Korean annual military drills it considers invasion preparation.

THE ASSOCIATED PRESS

ASTRONOMY

Galaxies colliding: NASA

Two galaxies have been photographed merging about 230 million light years from Earth, and one expert says “it will never look like a normal galaxy again.”

The image, taken with the Hubble Space Telescope and released by NASA and the European Space Agency last month, depicts two galaxies forming a “new” galaxy after they were drawn together by gravity.

“Every now and then the galaxies will be attracted to each other by gravity and they will essentially collide,” explained Randy Attwood, executive director of the Royal Astronomical Society of Canada.

“This one looks like something very strange is happening because the arms are sort of all over the place.”

TORSTAR NEWS SERVICE

This Hubble Space Telescope image shows **two galaxies that have collided** 230 million light-years from Earth. COURTESY NASA

TURKEY

More migrants perish at sea

Authorities recovered the bodies Tuesday of at least 36 migrants who drowned off Turkey after their boats overturned in rough waters as they tried to reach the Greek island of Lesbos, officials and news reports said. Twelve others were rescued.

Nine bodies, including those of children, washed up on a beach in the resort town of Ayvalik early in the morning, prompting authorities to dispatch coast-guard boats and gendarmerie officials to search the area by sea and by land for possible survivors.

Seven other bodies were washed up on a shore at Dikili, a resort about 50 kilometres south of Ayvalik, the victims of a second migrant tragedy, the private Dogan news agency reported. The dead included women and children, the agency said.

By late afternoon, the gendarmerie forces had recovered a total of 29 bodies in the area while seven others were found by the coast guards, a coast guard statement said. THE ASSOCIATED PRESS

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Top economists see a bumpy year ahead

ECONOMY

Oil and loonie unlikely to rebound soon, experts say

Canada's economy, much like its weather, started the New Year in a deep freeze. And while warmer times lie ahead, the growth rate in 2016 is likely to be tepid at best.

That was the consensus of the top chief economists at Canada's largest banks at the annual Economic Club of Canada forecast session in Toronto on Tuesday.

The country's top economists kick off the New Year with a forecasting session in Toronto. TORSTAR NEWS SERVICE

Oil prices: Slower growth in China, turmoil in the Middle East, and a market-share price war between the U.S. and Saudi Arabia-led OPEC mean oil prices are unlikely to regain their recent lofty highs any time soon, Scotiabank's Warren Jestin said. Even if oil prices rebound to $60 US a barrel from below $40 today, it won't be enough to reinvigorate investment in Canada's energy sector, he said.

The Canadian dollar: Closely tied to demand for oil, the Canadian dollar fell 16 per cent in 2015, its second-worst year on record. Economists now expect the loonie to fall below 70 cents US this year, likely by mid-March, as the U.S. dollar strengthens on hikes in the U.S. Federal Reserve's interest rate. However, investors shouldn't expect a dramatic recovery in the loonie even if oil prices move off their current lows, Avery Shenfeld, chief economist, CIBC World Markets, cautioned.

Scotiabank's Warren Jestin says oil prices are unlikely to regain their lofty highs any time soon. TORSTAR NEWS SERVICE

The housing market: Calgary house prices, dragged down by the sagging energy sector, could fall a further 5 to 10 per cent in 2016, said Doug Porter, chief economist with Bank of Montreal Financial Group. Vancouver and Toronto house prices, the highest in the country, will face "some kind of correction in the next five years," Porter predicts. For the rest of Canada, he's predicting a soft landing. The Bank of Canada's ultra-low interest rates are unlikely to change in 2016, he added. TORSTAR NEWS SERVICE

SELF-DRIVING CARS

S. Korea university tests driverless taxi

A South Korean university is testing a sedan that can pick up and transport passengers without a human driver, giving a glimpse into the future of autonomous public transport.

Seo Seung-Woo, director of the Intelligent Vehicle IT Research Center at Seoul National University, said the university has been testing the driverless taxi to transport disabled students around campus.

The vehicle, called Snuber, has been navigating the 4,109 square metre campus for the past six months without any accidents. It works in conjunction with a hailing app created by the university.

Companies around the world are betting that automated driving technology will transform public transportation.

In Japan, Robot Taxi Inc. plans to offer a full commercial service in 2020. In Greece, driverless buses called CityMobil2 have been tested in real traffic. General Motors said Monday it is investing $500 million US in ride-hailing company Lyft Inc. and forming a partnership that could eventually lead to on-demand, self-driving cars. THE ASSOCIATED PRESS

market minute

DOLLAR 71.48¢ (–0.25¢)

TSX 12,920.14 (–7.01)

OIL $35.97 US (–79¢)

GOLD $1,078.40 US (+$3.20)

NATURAL GAS: $2.325 US (–0.9¢)
DOW JONES: 17,158.66 (+9.72)

IN BRIEF

Workers denied bathroom breaks to get $1.75M

A Pennsylvania company, American Future Systems Inc., that publishes business newsletters will pay about $1.75 million US to 6,000 employees who had to clock out while going on short breaks, including for the bathroom. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, January 6, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE ISSUE

How do I cut my homophobic friend out of my life?

Dear Ellen,

I made a mistake of letting someone back into my life. This person had been a close friend for years, but our friendship quickly turned to turmoil after she burst into my home and told me how "disgusting" and "sinful" I was being with my choice of (same-sex) partner. She yelled and demanded that I end (either) my relationship or the friendship.

I feel that my choice in ending my friendship was a strong one, and cut the friendship that was full of homophobia.

Recently, I agreed to meet her for coffee to give her a chance to apologize. I have been told I'm too nice and give too many chances for forgiveness.

This is correct, as she just came full circle again; instead of confronting me with her disgust for my relationship, she went to friends we have in common.

I don't want to confront this person face to face, as I feel it would end with a few choice words of my own. But at the same time, I'd like to make it clear that this person no longer has a place in my life.

What should I do?

J.C.

Halifax

Dear J.C.,

I love how you say, "I feel that my choice in ending my friendship was a strong one, and cut the friendship that was full of homophobia."

Good manners are never more important than with the people we are close to.

That wasn't just a "strong" choice, my friend. It was the absolutely correct one by any standard. The person you had this "friendship" with is not a friend. She does not understand or accept who you really are. And her manners — what with the homophobia and bursting into homes to yell at people — are deplorable. Good manners are never more important than with the people we are close to, and she failed big time.

Notwithstanding your careful wording, your thinking does get fuzzy when you say "instead of confronting me with her disgust for my relationship, she went to friends we have in common."

Of course it's wrong of her to criticize you and/or your sexual orientation to friends behind your back. But why would you expect her to confront you about it again? She already did that. There's nothing more to be said.

Frankly, it makes sense that you have no desire for another confrontation. You'd be breaking no rules of etiquette if you directly expressed your anger and disappointment to her, as long as your mode of expression was below 60 decibels and didn't contravene any sections of the Criminal Code. But you don't owe her anything. Judging by her backstabbing behaviour, she already knows how you feel.

As for your worries that you are "too nice" and "give too many chances for forgiveness," don't worry. There's no such thing as being "too nice"; it's just code for being a doormat, which you are not. And giving someone a chance for forgiveness doesn't necessarily require contact. She's perfectly welcome to go into counselling about her pathologically destructive homophobia, shower you with abject letters of apology, say extravagantly nice things about you behind your back to friends and send you flowers every week for a year, at which point any self-respecting person might consider forgiveness and renewed friendship.

In the meantime, cut her off completely. If you run into her, be as polite as you can, but decline to engage or open the door to further contact unless or until she earns it from afar. Remember, the less you say, the better.

Actions speak louder than words, and never more eloquently as when you take no action at all.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

What I hope gentrification won't paint over

I've been walking by the same window for three years. It's nondescript, sans signage, but always frames a painting; an inexplicable art window in between bars and boutiques on one of Toronto's overly hyped strips: Ossington Avenue.

I considered the window one of those oddities you find in any city, and until this weekend, never bothered to solve the mystery. Perhaps, I thought, an anonymous philanthropist was resisting commercialization and warp-speed gentrification — of the kind felt in any big city — by injecting a hit of art.

This weekend, the window held a field of poppies, crimson and dancing against a turquoise sky. On a grey day with a -22 C wind chill, I finally decided to figure it out.

It turns out Christian McLeod of 89 Ossington Ave. is a 46-year-old painter, and his live/work space is an echo of what the street used to be: cheap, deemed dangerous and undesirable, marked by car parks, a home reno store, an elevator mechanic's shop and other studios.

That was 10 years ago, and McLeod is among the holdouts, along with a cigar manufacturer and a dive bar. Places that put change into perspective, while they last — a synagogue in Chinatown, say — and are all the more valuable for it.

A French lady used to run a sandwich-and-soup shop open for just three hours a day. "You'd go up there one day and there'd be a sign: 'Gone to Paris, back in two weeks.'"

"It was quiet, it was almost abandoned," he says.

Due to residential zoning, McLeod's rent has stayed low. His new neighbours? "They're paying $7,000 a month for some of these storefronts."

Zoning also means he can't hang signs to advertise his studio, but he's always hung a painting. Five years ago, he'd never believe Bang Bang, an ice cream sandwich shop, would draw 40-minute lineups. "I would have said, 'You're nuts.'"

And as the foot traffic has picked up, he's begun to leave his door open on warm weekends.

Neighbours who've researched the area's history figure his is one of the oldest houses on the street. They discovered an artist lived in his exact space in the 1860s, he says. But McLeod is well aware that he may be its last occupant. Some day soon, he expects the landlords to flip the switch, and condos will rise.

"It's their property. They've been so good to me," he says. "It's just business."

I tell McLeod I don't know why I waited so long to learn the story of one of my favourite windows. I'm lucky it wasn't too late.

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metro LIFE
Your essential daily news
Wednesday, January 6, 2016

Check out #RichardSapper on Instagram for creative tributes to the acclaimed designer of the Tizio lamp, IBM ThinkPad, who died last week

'Tis the series premiere season

TELEVISION

New year, new episodes of 10 beloved TV shows

Brian Gasparek
For Metro Canada

Season 11 of It's Always Sunny in Philadelphia premieres tonight on FXX. ALL PHOTOS CONTRIBUTED/GETTY IMAGES

Downton Abbey (Now airing)

This year marks the beginning of the end for one for the greatest Brit TV dramas of all time. The Crawleys return to PBS for a sixth and final season of Downton Abbey, which began airing Jan. 3. The final season has been airing in the U.K. since the fall… but of course you've been patient and download-free, right?

Megan Fox steps into New Girl's awkward shoes.

The Bachelor (Now airing)

One of TV's greatest guilty pleasures, The Bachelor, brought its addictive blend of romance, drama and superficiality back into our living rooms on Monday. This time around, two-dozen women are battling it out for the affection of Bachelorette finalist and fan favourite, Ben Higgins.

New Girl (Now airing)

It's hard to believe that four seasons of New Girl are already in the can, but alas, the fifth kicked off last night. To start the season, fans witness Megan Fox temporarily filling in for Zooey Deschanel as the show's female lead, as Deschanel took time off to be a new mom.

It's Always Sunny in Philadelphia (Tonight)

As we saw from its ridiculously awesome '80s ski-movie parody trailer, It's Always Sunny is finally back tonight. And although Season 11 won't likely feature any action on the slopes, we can't wait to see the gang back together.

American Idol (Tonight)

The 15th and final season of American Idol also starts this evening. If you gave up on the show years ago, you may want to tune back in for what's sure to be an epic last run. Along with host Ryan Seacrest, Harry Connick Jr, J-Lo and Keith Urban are returning as the show's final judges. It's going to be so big that even Kanye auditioned.

Shameless (Jan. 10)

On Jan. 10, the most hilariously dark and dysfunctional family on TV today, the Gallaghers, are back for a sixth season. If for some reason you haven't watched the American version of Shameless yet, you really need to get on it.

Workaholics (Jan. 14)

Stoners rejoice. Adam, Blake and Anders, our favourite doofus telemarketers, are back for a new season of Workaholics, starting Jan 14. Judging by its brain-melting, acid trip of a trailer, the new season looks like it's going to be the weirdest one yet.

Agent Carter (Jan. 19)

The awesome Peggy Carter is taking her superhero butt-kickings to the West Coast for Season 2 of Agent Carter, which begins on Jan. 19. This time around, Carter will have her hands full with L.A.-based atomic age threats in the wake of the Second World War.

Portlandia (Jan. 21)

The hilarious duo of Fred Armisen and Carrie Brownstein are getting set to unleash 10 more hipster-ribbing episodes of Portlandia starting on Jan. 21. We're pulling for more Peter and Nance in Season 6.

The X-Files (Jan. 24)

The most highly anticipated premiere of the New Year is the return of The X-Files. Mulder and Scully are back to fight aliens and search for the truth in the six-epsiode miniseries that begins on Jan. 24. We're pumped!

Gillian Anderson in The X-Files.

JOHANNA SCHNELLER WHAT I'M WATCHING

UnREAL gets real about the clichés of romance

THE SHOW: UnREAL, Season 1, Episode 9 (Lifetime)
THE MOMENT: The Proposition

Rachel (Shiri Appleby) is a producer of Everlasting, the Bachelor-like show within this show. Adam (Freddie Stroma) is her star, minor British royalty who wants only to promote his family's businesses. Rachel's boss Quinn (Constance Zimmer) expects Adam to propose to a contestant. But Adam and Rachel are sleeping together, and now he's entreating her to quit the show with him. "You could work yourself into spinsterhood like Quinn," he says, "or you can run away with me. I can show you the world."

Hearing the word "spinsterhood," followed by the quote from Disney's Aladdin, I finally got what UnREAL is up to. It purports to be a juicy exposé of how fake "reality romance" is. Meanwhile, it's been lulling us into caring about Rachel's romantic fate. But surprise — the whole thing is a bait and switch. Rachel's love story is as false as the contestants'. Love itself is the con. Clever!

EXPOSING EXPECTATIONS
Series creator Marti Noxon makes us realize how ingrained our expectations are, that a show with a female hero will conform to romantic conventions.

Sure enough, one minute into the next episode, Adam dumps Rachel. In the rain. Every cliché is upended. The handsome prince is a cad. It's happily never after. "The audience needs to believe it's real," Quinn says. How embarrassed we are to be caught out.

To drive the point home, the season finale ends with two people saying, "I love you" to one another. Just not the two you'd expect. And they probably don't mean it.

Shiri Appleby stars as Rachel in Lifetime's UnREAL. CONTRIBUTED

BOOK EXCERPT **WINTER CABIN COOKING BY LIZZIE KAMENETZKY**

Gnocchi with wild mushrooms

Escape the cold of winter with this beautiful collection of 150 mouthwatering recipes inspired by the cuisines of mountain villages and ski towns around the world.

For this book, acclaimed cooking writer, Lizzie Kamenetzky, has taken inspiration from snow-covered mountains and Alpine chalets, with all her favourite food from ski towns and winter holidays. With stunning location photography throughout, you can recreate the delights of winter without leaving the comfort of your home.

There is something undeniably comforting about little pillows of potato gnocchi. Serves 4 - 6

Ingredients:
- 1lb. 2oz. even-sized small floury potatoes, such as Maris Piper/Yukon Gold, unpeeled
- 2⁄3 cup 00 flour, plus extra to dust
- freshly grated nutmeg
- 1 egg, beaten
- 2 Tbsp unsalted butter
- 1 tsp olive oil
- 2 banana shallots, finely chopped
- 2 garlic cloves, crushed
- 11 oz. wild mushrooms, cleaned and sliced if large
- 1⁄3 cup dry white wine
- scant 2⁄3 cup double/heavy cream
- small handful of fresh parsley leaves,
- chopped fine sea salt and ground black pepper freshly grated Parmesan, to serve

Directions:
Cook the potatoes, whole in their skins, in boiling salted water for 25 minutes until they are tender. Drain the potatoes and, once cool enough to handle, peel the skins off and mash the flesh using a potato ricer or by pushing it through a sieve/strainer so it is lump-free and fine.

Put the flour, 1 teaspoon salt and a little nutmeg into a bowl and add the potato, mixing with the blade of a knife. Make a well in the centre, add the beaten egg and mix together until well combined. Bring together with your hands but don't knead or you could make your gnocchi tough.

On a lightly floured surface, roll out the dough into sausage shapes, about 1⁄2 inch wide, then cut into 1⁄2 inch pieces. Use the tines on the back of a fork to roll the gnocchi, giving them the characteristic ridges. Put on a floured baking sheet and chill until you are ready to cook. (You can cook them now or chill for up to 24 hours.)

Make the sauce. Melt the butter in a pan and add the oil and shallots. Cook for 10 minutes until softened and tender.
Add the garlic and fry for a further 30 seconds then add the mushrooms. Increase the heat and fry for 10 minutes until they are golden brown.

Add the wine and bubble for a minute. Add the cream, a splash of boiling water to loosen it a little and plenty of salt and pepper, then stir in most of the parsley. Bring a pan of salted water to the boil and add the gnocchi. They are cooked once they float to the surface, about 1–2 minutes.

Scoop out with a slotted spoon and divide among warmed serving bowls. Warm through the sauce and spoon over the gnocchi. Scatter with the remaining parsley and serve.

NASSIMA ROTHACKER/WINTER CABIN COOKING

WINTER CABIN COOKING: DUMPLINGS, FONDUE, STRUDEL, GLUHWEIN AND OTHER FIRESIDE FEASTS, RYLAND PETERS & SMALL, $35.95 US; RYLANDPETERS.COM PHOTO CREDIT: RYLAND, PETERS & SMALL

RECIPE

Celeriac and parsnip velouté

NASSIMA ROTHACKER/WINTER CABIN COOKING

I adore velouté, which means 'velvety' in French. It is smooth and creamy and, well, like velvet in the mouth. A big bowl of steaming velouté will cling enticingly to your bread as you dunk it.

Ingredients
- 1 celeriac (about 500 g/1lb. 2oz.),
- scrubbed 2 parsnips (about 350 g/12 oz.),
- scrubbed 2 small onions, 1 halved and 1 finely chopped
- 2 garlic cloves,
- crushed 5 fresh thyme sprigs
- 100 g/scant 1⁄2 cup unsalted butter
- 100 g/3⁄4 cup cooked peeled chestnuts
- 100 ml/scant 1⁄2 cup whole/full-fat milk
- 2 tablespoons Madeira
- a squeeze of lemon juice
- sea salt and ground black pepper
- double/heavy cream, to serve

Instructions
Peel the celeriac and parsnip (reserving the peel) and finely chop the flesh.

Put the peel and 100 g/33⁄4 oz. of each vegetable into a pan with the halved onion, the garlic and half the thyme. Add 1.2 litres/5 cups water and simmer gently for 30 minutes. Strain the stock.

Heat the butter in a pan, add the finely chopped onion and fry for 10 minutes until soft.

Add the remaining parsnip and celeriac, the chestnuts and the remaining thyme.

Add the stock and milk and simmer for 20 minutes until the vegetables are tender. Strain, reserving the liquid and then whiz the solids in a blender until smooth (you will get a smoother soup this way than if you blend in the pan with a hand blender).

Return the puréed vegetables to the pan through a sieve/strainer and add enough of the cooking liquid to form a rich velouté.

Season to taste and add the Madeira and a little squeeze of lemon.

Bring back to a simmer then serve with a good swirl of double/heavy cream.

EXCERPT FROM LIZZIE KAMENETZKY'S WINTER CABIN COOKING

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Some holiday leftovers are best left uneaten

FOOD SAFETY

Can you eat it? Experts explore the dangers

If your post-holiday leftovers are calling your name, reconsider.

Remember: the "best before" dates on your food items don't apply once you've opened them.

If your kitchen is often brimming with leftovers, consider turning your refrigerator temperature down. They'll last longer. Turn the dial lower than the typical 4 C, around 1-4 C. This will slow down the growth of harmful pathogens.

We canvassed industry food and nutrition experts for advice on some food items you might be tempted to eat a few days later.

An open carton of chicken stock

Verdict: Use within three to five days.

"There are legit 'don't get sick' rules and then there are 'how far can I push it?' rules," says Theresa Albert, a Toronto nutritionist and food consultant who also writes for Metro. "We have to move food through the danger zone as quickly as possible." For chicken stock, you should play it safe and use within 3-5 days.

"If it was homemade chicken stock it would be less," Albert says, noting that carton of chicken stock is higher in preservatives such as sodium.

Here's a tip: use half the carton when you open it and freeze the other half.

Cooked turkey or chicken

Verdict: Use within three days or freeze.

You know that five-days-in-the-fridge smell? That's spoilage.

"I probably wouldn't use it up to a week past," says Brita Ball, food safety consultant and adjunct professor at the University of Guelph. "When you're getting to the fifth day you can start to smell a little bit of spoilage happening."

Ball suggests freezing leftovers immediately. "The sooner you freeze them, the better." You could also recook the meat to kill off some of the "spoilage organisms," which aren't harmful. It's the pathogens like salmonella you need to worry about.

Hummus left on the counter overnight

Verdict: Toss it or heat it up.

Jeffrey Farber, former director at Health Canada and current food science professor at the University of Guelph is quick to call this a big "no-no."

"That type of product which is left out overnight, you never know," he says. Farber is also wary of suggesting you use the hummus in cooking. As is Ball: "I don't like to waste food, but I would throw it out, absolutely," she says. She wouldn't even cook with it. "Once it's out on the counter, I have no idea what pathogens might be in there."

Nutritionist Albert suggests it's best to toss it if the hummus is mayo or yogurt based. She wouldn't spread it on toast, but might use it to thicken a soup or gravy.

Slow cooker chili with cooked ground beef, left on counter for 8 hours without power

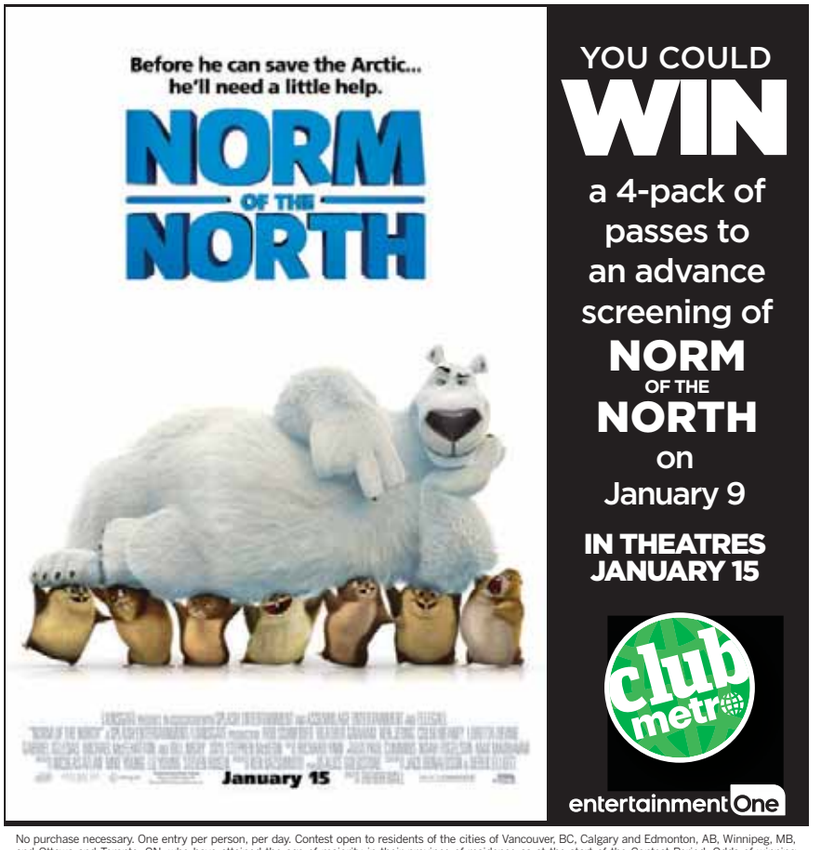
Verdict: Toss it.

Don't treat food safety like a game. "It could be the game of your life," says Albert. If you forgot to turn the slow cooker on, start from scratch. "Ground beef is one of the highest risk foods. There's just far too many opportunities for the beef to be contaminated."

The standard is two hours of meat on the counter before it becomes a "food safety risk," says Ball. "People waste food and they don't need to. It's OK to use food past the best before date, because that's a food quality issue." But food safety is different, she advises. This one's a no-brainer.

TORSTAR NEWS SERVICE

When leftovers start piling up in your fridge, don't treat food safety like a game. "It could be the game of your life," one expert says. ISTOCK



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IN THEATRES JANUARY 15

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Salad Dressings

PICK THIS

Renee's Greek Yogurt Cucumber and Dill Dressing

Portion 4 Tbsp
Calories 160
Fat 14 g

SKIP THIS

Renee's Mighty Caesar Dressing

Portion 4 Tbsp
Calories 320
Fat 32 g

HERE'S WHY

Equivalent in fat to a Burger King Double Stacker (two beef patties, cheese, bacon, Burger King Stacker sauce and sesame seed bun).

With the start of a new year, health and wellness are top of mind for many. Salads are what we all think is the silver bullet to weight loss in January — but beware! Those greens and other veggies are innocent, but look closely to what you're pouring over top. The Mighty Caesar dressing is made primarily from oil, eggs and cheese, giving you excess calories and about half your daily fat — which is equivalent to a double cheeseburger! In comparison, the Cucumber & Dill dressing is much lighter and healthier, with the first ingredient being Greek yogurt.

The family that cooks together

LIFESTYLES

Introducing kids to the kitchen gives useful life skills

The new year is a wonderful time when families can pause and reflect on the importance of family time.

After a steady stream of holiday visiting, it's the perfect time to get back into a routine and spend quality time with your children. One great way to turn simple moments into shared enjoyments is to invite your kids into the kitchen to cook with you.

For the Goodman family, cooking together has become a cherished tradition.

"Not only does cooking as a family give your children invaluable life skills, but it allows you to spend precious time together and create lasting memories," says Scott Goodman, lawyer and father.

When children are welcomed into the family kitchen, they are more likely to try new foods, eat better and build the confidence they need to prepare meals and snacks for themselves.

To help parents include their children in meal preparation, the registered dietitians at Dairy Farmers of Canada have created age-appropriate suggestions, broken down into three skill levels, to make involving the entire family in the kitchen easy. For beginners, starting out simply is key. Getting kids to wash produce, peel vegetables and measure ingredients is a good way to introduce them to the kitchen.

Make cooking together a cherished tradition. ALL IMAGES ISTOCK

Once they've mastered those skills, they can work their way up to intermediate tasks such as chopping, frying and grilling. Eventually, they can take on more creative responsibilities like searing, sautéing and experimenting with ingredients.

NEWS CANADA

> **It allows you to spend precious time together and create lasting memories.**
> Scott Goodman, lawyer, father

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metro DRIVE

Your essential daily news

Mystery electric car startup Faraday Future unveils its first prototype

Take the middle road with the X1

ROAD TESTED

REVIEW

New BMW crossover good for both city and country

Jil McIntosh
For Metro Canada

Automakers often share vital components between their models, and that's what has happened with BMW's smallest crossover, its X1.

For 2016, it morphs into its second generation, with new styling and more interior space. But it now links with BMW's other brand, and shares its engine and driveline with the equally new Mini Clubman.

While it's still all-wheel drive like the previous X1, this newest model primarily works with its front wheels, sending power to the rear ones as needed for traction and stability on curves, acceleration, and slippery surfaces.

The new exterior design gives it more resemblance to the larger X3, while the roomy interior follows BMW's signature look. The styling is solid, but there's a lot of hard plastic on the dash that looks a bit cheap for the price.

My tester had optional sports seats that were very comfortable and supportive, along with sliding and reclining rear seats that fold almost flat for extra cargo space.

The X1's turbocharged 2.0-litre four-cylinder engine includes an auto start/stop system that shuts it off at idle, such as when you're waiting at a light, and automatically starts it again as soon as you take your foot off the brake.

It's smoother than many I've driven, but you can turn it off if you prefer.

This new engine actually makes a little less power than the previous generation, but you wouldn't know it by the feel behind the wheel.

The transmission is an eight-speed automatic that can be optioned to a performance version with paddle shifters, in a package that also adds a sportier steering feel.

> **Steering response is quick, and the X1 handles beautifully.**

Steering response is quick, and the X1 handles beautifully. However, the ride is tuned for sports performance rather than luxury, and it's very firm.

The all-wheel system transmits power seamlessly between the front and rear axles. Although it's not really an off-road warrior, I've driven the X1 on a challenging course that it handled quite well, making it a feasible choice for those who spend weekdays on the asphalt, but like their weekends at the cottage and need something that can get them all the way there.

THE CHECKLIST | 2016 BMW X1 XDRIVE 28I

THE BASICS

Type. Four-door, five-passenger compact SUV
Power. Turbocharged 2.0-litre four-cylinder (228/258)
Transmission. Eight-speed automatic
Price. $38,800 (base); $50,040 (as-tested), plus destination

MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO, OTHERS HANDOUT

COOL FEATURES

- Head-up display
- Heated steering wheel
- Connection package with concierge service
- Collision mitigation with emergency braking
- Panorama sunroof
- Hands-free liftgate operation
- Touchpad infotainment input

POINTS

- The dash-mounted "tablet-style" infotainment screen keeps your eyes up at the windshield when you're looking at the system.
- The new design provides more headroom than before.
- Run-flat tires are standard equipment, but they can be swapped for regular all-season tires as a no-charge option.

MARKET POSITION

- The compact crossover/SUV is one of Canada's hottest markets, and many of the premium automakers are bringing out smaller models. The X1's redesign keeps its compact footprint but makes it roomier than before.

THE COMPETITION

Mercedes-Benz GLA 250 4Matic
Base price: $38,000

Audi A3 Quattro
Base price: : $36,800

Lexus NX 200t
Base price: $41,950

Workers at the Wolfsburg plant assemble the Volkswagen Beetle. COURTESY VOLKSWAGEN

HISTORY

Happy birthday bug! Beetle turns 70

In the days between December 25, 1945 and January 1, 1946 a little German car with an air-cooled engine at its rear and space for a family of four, rolled off the production line for the first time.

The Volkswagen Type 1, better known as The Beetle, went on to be one of the most important, iconic and biggest-selling cars of the 20th century and set the foundations on which its makers built one of the biggest car groups in the world.

However, if it hadn't been for the British military, the Beetle and everything that has followed in its wake may never have been.

At the end of the Second World War, the military facility that had been building the Beetle's forerunner, the 'KdF-Wagen,' came under British control. And rather than shut it down, the military, under the leadership of one Senior Resident Officer Major Ivan Hirst, repurposed it for civilian production, undertook an initial order for 20,000 cars and preserved 6,000 jobs in the process. The idea was that the cars would be used by Allied forces stationed in Germany and to begin with production was small-scale, just 1,000 cars a month. But spurred on by Hirst's vision and by the lifting of export restrictions plus currency stabilization, within three years the Beetle was on sale globally.

Dr. Manfred Grieger, Head of the Volkswagen Aktiengesellschaft Corporate History Department, describes Hirst as a "skillful pragmatist" who "gave the factory and the workforce a vision, motivating British military personnel and German workers alike to turn the languishing works into a successful market-driven business," he said. "He knew the qualities of the Volkswagen Saloon and was able to realize them on the road."

The Beetle ceased production on European shores in 1978 and global production ground to a halt entirely in 2003, by which time over 21 million had been produced. The car that replaced it, the VW Golf, has been twice as successful in terms of sales since production started, but such is the love for the old Beetle that VW decided to resurrect it as the "New" Beetle in 1997. AFP

metro SPORTS

Steve Nash and Phoenix Suns owner Robert Sarver have bought a controlling share of Spanish soccer club Real Mallorca

Lack prepares for his return

NHL

Ex-Canucks goalie was a fan favourite at Rogers Arena

Cam Tucker
Metro | Vancouver

There's just something special about a former Vancouver Canucks goalie rehashing old memories on the eve of his return to Rogers Arena ice as a member of the opposition.

Maybe it's because, in a city that has trouble going six months without some sort of goalie controversy, this is almost becoming routine, an annual event.

The list might appear small in quantity, but three different goalies returning to Vancouver in the span of three seasons represents quite a shake-up at the position in a short time frame.

The list certainly doesn't lack quality, either.

(Pun intended.)

First, it was Cory Schneider. Then Roberto Luongo. On Wednesday, it will be Eddie Lack, who returns to Vancouver with the Carolina Hurricanes.

GETTY IMAGES

All three netminders were popular — to varying degrees — with the fan base.

Lack has an affinity for tacos. He showed off his goofy personality on social media and his on-ice play improved, too.

Lack became a fan favourite.

In the days leading up to his trade to Carolina, loyal Lack supporters even kickstarted an online petition directed at Canucks management to keep him in Vancouver, even when all signs pointed to Lack being dealt at some point during the draft.

It was a resoundingly unpopular decision with the fan base, but Canucks management decided to go in a different direction than Lack.

Ryan Miller, Benning's first prized free agent signing at three years and $18 million, remained as the incumbent starter at the age of 35 and Jacob Markstrom, mostly unproven at the NHL level, was the No. 2 man after a stellar season in the minors.

"It's just a business call," said Lack.

In terms of results, Lack didn't get off to an ideal start for his new team. His save percentage stands at .893. His last six games have yielded much better results and numbers, with four wins and two overtime losses. In four of those six games, he's allowed two or fewer goals.

"I just … went back to the basics and working a little deeper in the (crease), and that's what I've been comfortable with before," said Lack.

"I feel like I'm in a pretty good state in my game right now, mentally … so it's a good time to come in here."

The Canucks traded goaltender Eddie Lack to the Hurricanes during the off-season. CHRIS CARLSON/THE ASSOCIATED PRESS

LINEUP NOTES

Baertschi and Prust expected back in lineup

Sven Baertschi (neck) and Brandon Prust (lower body) are both expected back in the Canucks' lineup Wednesday.

Both were participants in Tuesday's practice, with Baertschi getting a look on the second power-play unit and skating on a line with Bo Horvat and Radim Vrbata.

With Baertschi and Prust set to return, the Canucks reassigned forwards Ronalds Kenins and Alexandre Grenier to the minors.

Baertschi hurt his neck on a hit with L.A. Kings defenceman Jake Muzzin on Dec. 28.

Defenceman Alex Edler didn't practice Tuesday. He was sent home with the flu, after playing through it Monday.

Finland's Kasperi Kapanen, right, celebrates scoring the winning goal with teammates Vili Saarijarvi, left, and Joni Tuulola. RONI REKOMAA/AFP/GETTY IMAGES

WORLD JUNIORS

A thrilling Finnish for the gold medal

Kasperi Kapanen scored a wraparound goal in overtime as Finland rallied past Russia 4-3 on Tuesday to win the world junior hockey championship.

Patrik Laine, Sebastian Aho and captain Mikko Rantanen all scored in the third period as Finland staged a late comeback. Kaapo Kahkonen made 22 saves for the win.

"That's one of those goals that you always dream of," said Kapanen. "I guess dreams do come true."

Andrei Svetlakov scored twice for Russia and Vladislav Kamenev had the other goal. Alexander Georgiev stopped 25 shots.

On the winner, Kapanen deked around two defenders, skated around the back of Russia's goal and threw the puck into a wide-open net as Georgiev failed to dive back into position.

"Everything's so blurry," said Kapanen when asked to describe the goal. "So excited and in shock at the same time."

It was Finland's fourth world junior title and second in the past three years.

"Very happy. Happy for the team, for the whole of Finland," said Rantanen. "We had an absolutely unbelievable crowd there and everyone was watching at home on TV."

Georgiev's start in net was a surprise after Ilya Samsonov's solid 26-save performance in Russia's 2-1 semifinal win over the United States.

Many Canadian fans in attendance supported the host side even though the Finns eliminated Canada in the quarterfinals. THE CANADIAN PRESS

TUESDAY In Helsinki

FINLAND	RUSSIA
4	3

BRONZE

Earlier in the day, Anders Bjork, Matthew Tkachuk and Ryan Donato each scored two goals as the Americans won bronze with an 8-3 win over Sweden.

IN BRIEF

Hall of Fame likely out of reach for Bonds, Clemens

Barry Bonds, Roger Clemens and other tainted stars of the Steroids Era appear likely to get a boost in Hall of Fame balloting, but not enough to enter Cooperstown this year.

Ken Griffey Jr. seems assured of election on the first try Wednesday, possibly with a record vote of close to 100 per cent.

Mike Piazza, Jeff Bagwell and Tim Raines also were strong candidates to gain the 75 per cent needed for baseball's highest honour.

THE ASSOCIATED PRESS

Blue Jays bag Oakland right-hand reliever Leon

The Toronto Blue Jays acquired right-hander Arnold Leon from the Oakland Athletics on Tuesday in exchange for cash considerations or a player to be named later. The 27-year-old reliever made his big-league debut with the Athletics last season, going 0-2 with a 4.39 earned-run average over 19 appearances.

He had a 2-5 record and 2.95 ERA over 20 appearances (six starts) with Triple-A Nashville last year.

THE CANADIAN PRESS

Rio stadium fires majority of staff ahead of Olympics

Administrators of Rio de Janeiro's iconic Maracana stadium have fired 75 per cent of the staff ahead of the 2016 Olympics.

The arena is to be used for up to nine months by Games organizers, who are bringing in their own workers for that period.

Maracana administrators that the layoffs aim to cut costs while the stadium is under Olympic control. They declined to say how many employees are affected.

THE ASSOCIATED PRESS

Ware and West filling in nicely

NFL

Little-known running backs delivered when Chiefs needed

Nobody will ever confuse Spencer Ware or Charcandrick West for Jamaal Charles.

Ware is a former sixth-round pick who didn't play a game last season, and landed with the Kansas City Chiefs almost as an afterthought. West was an undrafted free agent out of tiny Abilene Christian who had carried the ball a handful of times before Charles was lost to a season-ending knee injury.

It turns out the two of them together have been just as productive.

Forming a quintessential thunder-and-lightning combination, Ware and West have combined with the scrambling of quarterback Alex Smith to make the Chiefs one of the most productive running teams in the entire NFL. They're averaging nearly 130 yards per game, fourth-best in the league, even without the franchise's career rushing leader taking handoffs.

"It's nice to have a chance of pace," Smith said. "It's nice to have different guys to come in who have different strengths and different vision and give the defence a different look."

Neither of the fill-ins had a carry when Kansas City beat Houston in their season opener, so the Texans will face a new challenge when the teams meet in their wild-card game Saturday.

Ware resembles a bowling ball, 230 pounds of muscle that will bruise and batter before going down. On one carry last week against Oakland, the former LSU star carried two defenders for extra yards even after brutalizing two other would-be tacklers.

West is more like a Ping-Pong ball, a jitterbug with an uncanny ability to ricochet around without losing inertia. Whereas his counterpart runs people over, West leaves them grasping at air.

"I feel like everybody isn't playing for selfish stats or stuff like that. Everybody's playing for each other," West explained, "and trying to accomplish that one big goal."

The Chiefs averaged less than 110 yards rushing in the four-plus games before Charles got hurt. In the 11 games since then, with West and Ware — and the scrambling of Smith — Kansas City is averaging nearly 136 per game, and has gone over 150 yards rushing five times.

There are extenuating circumstances, of course.

Those first six opponents included five that made the playoffs, while the final 11 were primarily teams that finished in the bottom half of their divisions. The Chiefs also played from ahead during the majority of those games, allowing them to control the clock by keeping the ball on the ground.

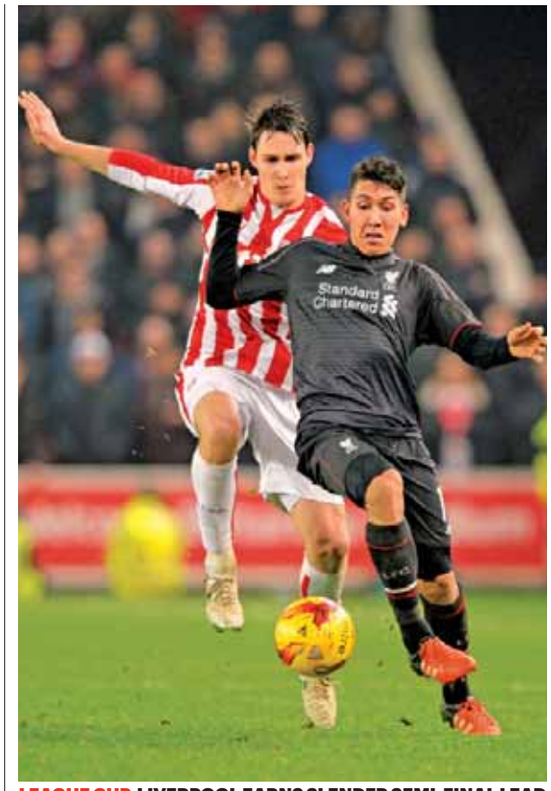
"That's again where the coaching comes in," Texans coach Bill O'Brien said. "Coach (Andy) Reid has a tremendous amount of experience in this league and he's seen it all. He's able to adapt when he loses a player - the next guy can step up and he knows how to use that player." Ware and West have not only stepped up, though. They've exceeded expectations.

THE ASSOCIATED PRESS

Spencer Ware, left, and Charcandrick West GETTY IMAGES

VS. CHARLES

While playing 15 games last season, Jamaal Charles carried 206 times for 1,033 yards and nine TDs. So far this season, Spencer Ware and Charcandrick West have combined for 232 carries and 1,037 yards with 10 touchdowns.



LEAGUE CUP LIVERPOOL EARNS SLENDER SEMI-FINAL LEAD

Roberto Firmino dribbles past Stoke City's Philipp Wollscheid during the first leg of the League Cup semifinal on Tuesday in Stoke. Jordan Ibe converted from close range before halftime after Joe Allen diverted a cross from Adam Lallana into his path as Liverpool won 1-0. GARETH COPLEY/GETTY IMAGES

FIFA INVESTIGATION

Valcke faces 9-year ban from soccer

Sepp Blatter's former right-hand man is facing a nine-year ban from soccer.

The FIFA ethics committee's lead investigator, Cornel Borbely, recommended the ban for Jerome Valcke on Tuesday after concluding his inquiry. In his final report, Borbely also asked that Valcke be fined 100,000 Swiss francs ($100,000) and that his prior 90-day suspension be extended for another 45 days.

Valcke, a Frenchman who served alongside Blatter as secretary general for nearly a decade, was accused of violating six articles of the FIFA code of ethics, including confidentiality and conflict of interest.

Last year, Valcke was implicated by a FIFA ticketing partner for using work and private email accounts to discuss a World Cup black market ticket deal. Valcke has denied that he sought cash from sales of top-category tickets for matches at the 2014 World Cup in Brazil.

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RECIPE One Pot Chicken Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The genius of this recipe is that the pasta cooks right in the sauce, meaning you only have one pot to clean.

Ready in
Prep time: 30 minutes
Serves 4

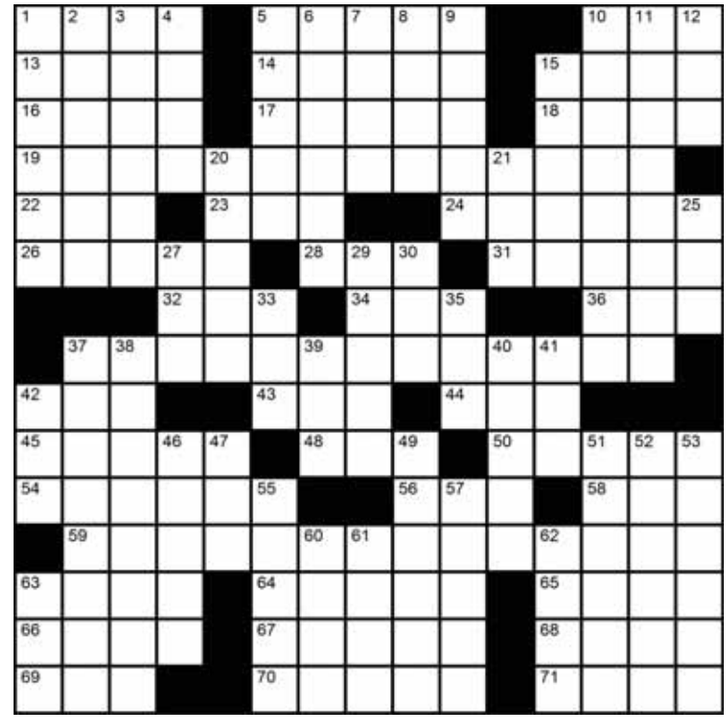
Ingredients
- 1 Tbsp olive oil
- 4 skinless, boneless chicken breasts, cubed
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 Tbsp fresh Thyme
- 1/2 cup white wine
- 1/2 cup chicken stock (or 1 cup of stock if you don't have or feel like using wine)
- 1 x 28 oz can of whole tomatoes
- 1 cup water
- 225 grams of dried pasta
- Salt and pepper to taste
- 1/2 cup mozzarella

Directions
1. Warm up your olive oil in a large, deep skillet over medium heat. Brown the chicken, working in batches. Once all the meat is nicely browned but not cooked through, add the garlic and give it all a stir.
2. Now add the thyme and mushrooms and let them soften up and kick off their juices. Add the wine and/or stock, water and tomatoes. Break the tomatoes up with the back of a wooden spoon.
3. Bring the sauce to a bubbly simmer and add your pasta. As the pasta softens up in the heat, push it under the liquid. Depending on which pasta you're using it will take about 15 to 20 minutes. Check seasoning and remove from the heat.
4. Top evenly with mozzarella and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Tropical birds
5. Explode
10. Baseball bosses, briefly
13. Actor Rob
14. Singer Ms. Baker
15. Coin insertion place
16. __ __ all possible
17. P.E.I., The __ Province
18. Jekyll's other side
19. As per #37-Across... Tune by The Weeknd in the 'Favorite Song' category: 4 wds.
22. German article
23. 'Pay' suffix
24. Dawn goddess in Roman mythology
26. British singer/activist Billy
28. Vintage laundry detergent brand
31. Frankie Goes to Hollywood hit
32. Him, in Quebec
34. Dance step
36. 'Social' suffix
37. Wednesday, Jan. 6, 2016 on CBS... __ __ Awards
42. __ __ mode
43. Look
44. Energy unit
45. Gulf of St. Lawrence attraction, __ Rock
48. 'Inc.' cousin
50. Canada __ (Patriotic bird)
54. Tropical fruit
56. Hawaii's __ Beach
58. Airport for The Kardashians, commonly
59. Maple taffy drizzled on snow treat in Quebec: 4 mots
63. Good: French
64. Rain/snow mix
65. Declare with certainty
66. As soon as...
67. Matrikin
68. Clay-ish stuff
69. Questionnaire question
70. Certain candle
71. Celebratory cries!

DOWN
1. The Autobiography of __ __. Toklas (1933 Gertrude Stein book)
2. "That's against the rules!": 2 wds.
3. "__ __ Be Your Man" by The Beatles
4. Rectangular paving†block
5. Bakery item
6. Like the book that's never been opened
7. Historic Canadian Louis
8. Base
9. Ms. Tucker
10. __ Acid Peel (Dermatology clinic service)
11. Preside over the political debate
12. Fr. holy woman
15. Portion
20. Be a mirror in a just-used-shower bathroom: 2 wds.
21. Cat's coat
25. Logs-making need
27. Mop & __ (Floor cleaner)
29. Bothered
30. Mr. Efron
33. They, in Sherbrooke
35. Talking Heads' "And __ Was"
37. Creation of fashionable folds
38. Secret Service agent's electronics device
39. Fitting-here fish
40. Musical grinder
41. "__ __ Blind" by 54-40
42. Handheld add-on
46. Chili con __
47. Storm's centre
49. Erase
51. John's "Grease" (1978) co-star
52. In a wise way
53. Strains
55. Plus
57. Tap liquid
60. Arm bone
61. Harvest
62. Effortless
63. Red carpet scarf

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Take initiative. If you sit around waiting for others to make the first move it's unlikely you'll get anywhere. Aries is a Cardinal sign, meaning you have leadership qualities, so get out there and lead.

Taurus April 21 - May 21
There is a danger that with so many people singing your praises you'll lose sight of the fact that you make mistakes just like everyone. Don't let the hero worship go to your head.

Gemini May 22 - June 21
There may be a lot of stress in your life but you will find ways to cope. One way, of course, is to take nothing too seriously. If you can't laugh at life then you're doing it wrong.

Cancer June 22 - July 23
Don't allow others to speak on your behalf. If you do there is a very good chance they'll say something that causes problems. Take responsibility for your own thoughts and beliefs — and always speak from the heart.

Leo July 24 - Aug. 23
How much do you trust someone? Enough to let them handle your money? If you're convinced that they won't cheat you then let them make decisions. If not, stay in control.

Virgo Aug. 24 - Sept. 23
You want to push your luck today. You want to take chances. A link between the Sun and Pluto in your fellow Earth sign of Capricorn means you know that you can't be beaten.

Libra Sept. 24 - Oct. 23
If someone needs your help today you must give it with no questions asked. A deed done with no thought for your own reward will do no end of good. The way to change the world is to be nice.

Scorpio Oct. 24 - Nov. 22
This promises to be an excellent day socially, get out and make new friends and enjoy new experiences. Someone you meet on your travels will say something that opens your mind to new possibilities.

Sagittarius Nov. 23 - Dec. 21
Don't follow the herd. Go your own way and, if certain people don't like it, take that as a sign you are on the right track. You make the rules.

Capricorn Dec. 22 - Jan. 20
Stand back from yourself and work out why you think and act in certain ways. Once you realize that so much of what you do is done out of habit it will be easier to change things.

Aquarius Jan. 21 - Feb. 19
Use your powers of persuasion to do what needs to be done. It may be annoying having to rely on other people but the planets warn you won't get far on your own.

Pisces Feb. 20 - March 20
You're in the mood to take a few risks and they will pay if you join forces with like-minded people and work together towards a common goal. Anything is possible when you are part of a team.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	4				3		9	
9		8	7		5			6
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	4	9	7	5	1	2	6	3
7	3	6	9	2	8	4	5	1
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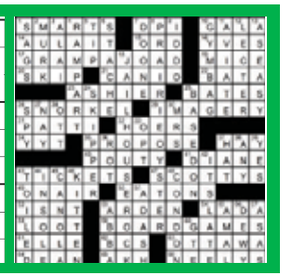

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2016 OFFICIAL FESTIVAL GUIDE

TOURISM VANCOUVER'S
DINE OUT™ VANCOUVER FESTIVAL

JANUARY 15 – 31, 2016
dineoutvancouver.com

™Trademark of Tourism Vancouver, The Metro Vancouver Convention and Visitors Bureau.

Welcome, culinary adventurers!

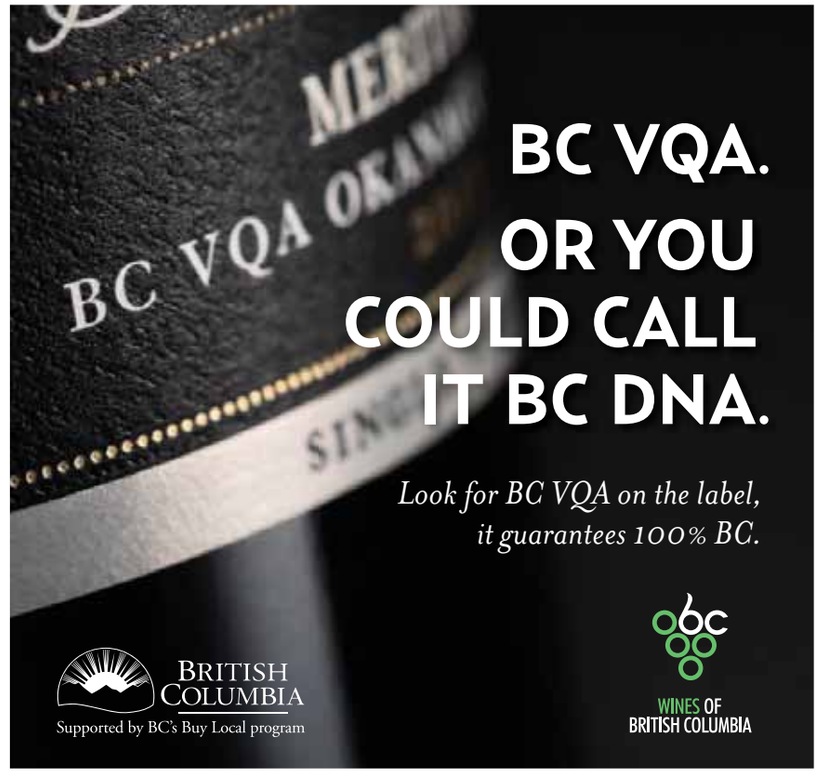
We're thrilled you can join us for Tourism Vancouver's 2016 Dine Out Vancouver Festival, a city-wide collaboration whose creative dining experiences consistently set the bar for dining festivals worldwide.

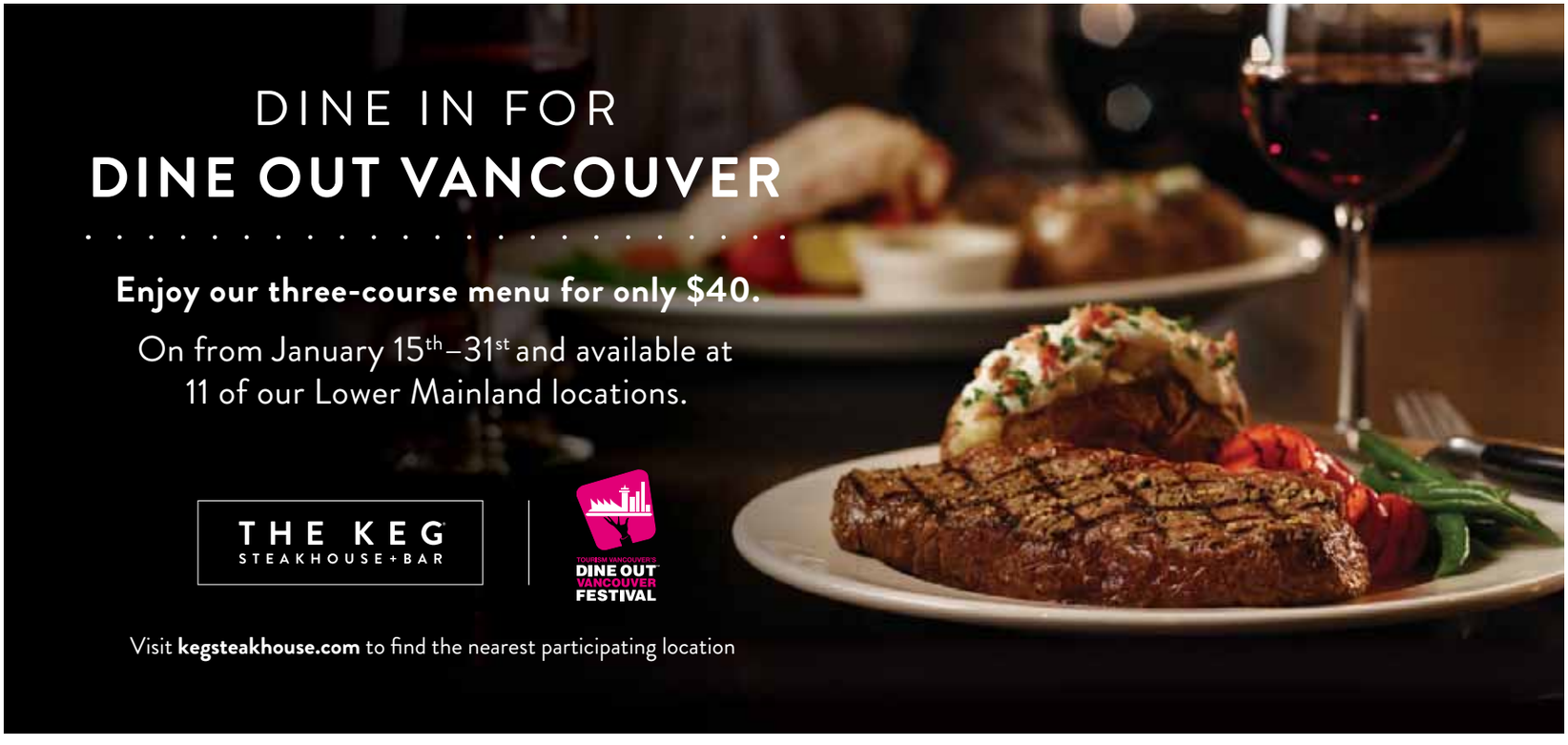
Every year over the course of 17 days, our entire city—along with visitors from as far as China, Australia and Brazil—comes together to celebrate Vancouver's culinary scene at its best. This year, we celebrate the biggest and best Dine Out to date: more than 100 food-themed experiences, 21 hotel options for food-focused hotel packages, and a record-setting 288 restaurants featuring prix fixe menus. The scope and scale of Dine Out reinforces Vancouver's reputation not only as an international culinary destination but also a welcoming region whose hospitality industry tirelessly validates our reputation as one of the world's top cities.

Dine Out is also a time for us locals to re-familiarize ourselves with the breadth of culinary talent right at our fingertips. It is our opportunity to celebrate Vancouver's diversity—food, restaurants and multicultural influence—with fellow residents and visitors alike. Dine Out allows us to open our doors and invite our neighbours to join us at the table over a globally shared love: food.

I'd like to congratulate the organizing team as well as participating restaurants, hotels, event producers and sponsors, all of whom have worked together over the last several months to guarantee the success of this year's festival. Once again, I have no doubt it will be the best yet.

Happy dining,
Ty Speer, Tourism Vancouver President and CEO





The 2016 FESTIVAL AT-A-GLANCE

17
DAYS
Every day is a delicious one, packed with dining events and culinary adventures!

288
RESTAURANTS
Vancouver's best mix of restaurants serving up delicious dinners at $20, $30 and $40. Don't forget the BC VQA wine, craft beer and cocktail pairings!

102
EXPERIENCES
From food tours to film nights, there's an experience to suit all taste buds.

21
HOTEL OPTIONS
Room rates from $80 per night, plus Dine & Stay packages to go all out!

KEY EVENTS

Winter Beer Hall
January 16
It doesn't have to be October to celebrate beer! Dine Out's first-ever Beer Hall, complete with our first-ever exclusively crafted brew!

Vancouver World Chef Exchange
Jan 17, 20, 21, 25, 30
We've decided to take Dine Out global and in doing so we've invited five chefs from as far away as Sydney and Copenhagen for five delicious collaborative dining experiences.

Cocktail Masterclass in Session
January 17, 20, 23, 24, 30
Award winning bartender Lauren Mote shares her insight with these five masterful cocktail seminars.

Neighbourhood Brunch Crawls
January 16, 17, 23, 24, 30, 31
Six Vancouver neighbourhoods are featured in these unique "Vancouver Foodster" inspired weekend brunch adventures.

Street Food City V
January 16-24
Take a midday break to sample from a collection of food trucks at Vancouver's original Street Food fest on the north plaza of the Vancouver Art Gallery.

Film Feast
Jan 19, 20, 21, 22, 26, 27
"Dinner and a movie" like you've never experienced before; complete with a cocktail, gourmet popcorn and an inspired multi-course meal.

Bhangra with Vij's
Jan 26
An Indian feast the likes of which only Vikram himself could host. Lively, colorful and delicious.

The Grape Debate
January 29
Should wine be made to age, or made to drink? All bets are off in this light-hearted yet serious debate. Resolutions follow with the grand tasting!

For more details on restaurants, menus, event tickets, and hotel reservations, visit dineoutvancouver.com

CHOOSE YOUR RESTAURANT

(*) Denotes restaurants that are also offering a lunch menu.

$20 PRICE POINT

Afghan Horsemen Restaurant
American Cheesesteak Co.
Banana Leaf Malaysian Cuisine in Kitsilano*
Banana Leaf Malaysian Cuisine on Broadway*
Banana Leaf Malaysian Cuisine on Davie*
Banana Leaf Malaysian Cuisine on Denman*
Banana Leaf Malaysian Cuisine on Robson*
Bayside Lounge - Best Western Plus Sands Hotel
Bella Gelateria - Downtown
Big Rock Urban Eatery
Bimini Public House
Blackbird Public House & Oyster Bar
Burnaby Mountain Clubhouse
Butcher & Bullock
Cafe Kathmandu
Charles Bar
Cheshire Cheese
Cheshire Cheese Inn
Cinema Public House
Clough Club
District Brasserie
Dixie's Restaurant
Flying Beaver Bar & Grill*
Grant Street Social
Granville Room
Gyoza Bar*
Hapa Izakaya - West End
Hurricane Grill - North Vancouver*
Hurricane Grill - Yaletown*
Irish Heather Gastropub
Lamplighter Public House
Las Margaritas Restaurante Y Cantina
Library Square Public House
Lickerish Restaurant & Lounge
Lombardo's
Mahony & Sons - Stamps Landing
Mahony & Sons - Coal Harbour
Mahony & Sons Public House - UBC
Masa Japanese Restaurant
Max's Restaurant
New Oxford
Old Spaghetti Factory
Park at English Bay - Best Western Plus Sands Hotel
Reef Restaurant on Main
Reef Restaurant on The Drive
Rocky Mountain Flatbread Co. - Kitsilano
Rocky Mountain Flatbread Co. - Main
Romer's Burger Bar - Kitsilano
Romer's Burger Bar - River District
Romer's Burger Bar - Yaletown
Stages Bistro & Lounge - Holiday Inn Vancouver Centre
Tap & Barrel - Coal Harbour
Tap & Barrel - Olympic Village
Tai One Vancouver
Thai House Restaurant - Kitsilano
Three Brits Public House
Troll's Restaurant
Vaades Indian Restaurant
Verve Bistro
Village Taphouse*
Yale Saloon

$30 PRICE POINT

ABODE Restaurant
Al Porto Ristorante
American Grille - Vancouver Airport Marriott
Anatoli Souvlaki
Arms Reach Bistro
Baccano Restaurant & Lounge
Baci Ristorante
Baru Latino Restaurante
Beach Bay Cafe
Bella Gelateria - Yaletown
Bellaggio Cafe - Downtown
Bellaggio Wine Bar - Convention Centre
Belmont Bar
Biercraft Wesbrook UBC
Boathouse Restaurant - English Bay
Boathouse Restaurant - Horseshoe Bay
Boathouse Restaurant - Kitsilano
Boathouse Restaurant - New Westminster
Boathouse Restaurant - Port Moody
Boathouse Restaurant - Richmond
Boathouse Restaurant - White Rock
Bogart's Bar & Restaurant - Hampton Inn & Suites
Bottleneck Bar & Grill
Brasserie Bistro - Coast Plaza Hotel & Suites
Bufala
Burnaby Riverway Clubhouse
CIPrime Italian Steak & Wine
Cactus Club Cafe - Ash*
Cactus Club Cafe - Bentall*
Cactus Club Cafe - Byrne Road*
Cactus Club Cafe - English Bay*
Cactus Club Cafe - Kingsway*
Cactus Club Cafe - North Burnaby*
Cactus Club Cafe - Park Royal*
Cactus Club Cafe - Robson*
Cactus Club Cafe - West Broadway*
Cactus Club Cafe - Yaletown*
Cafe Pacifica - Pan Pacific Vancouver
Campagnolo Restaurant
Campagnolo Roma
Cannibal Cafe - Commercial
Cannibal Cafe - Granville
Cardero's Restaurant*
Carthage Cafe
Catch 122 Cafe & Bistro
CAVU - Hilton Vancouver Airport Hotel*
Change Dining & Bar
Charcoal & Woodz - Holiday Inn Surrey Cloverdale
Chewies Steam & Oyster Bar - Coal Harbour
Chewies Steam & Oyster Bar - Kitsilano
Chicha Restaurant
Chop Steakhouse & Bar*
Cloud 9 Revolving Restaurant - Empire Landmark Hotel
Copper Chimney - Executive Hotel Le Soleil
Cork & Fin
Cuchillo
Distillery Bar + Kitchen
Dockside Restaurant - Granville Island Hotel
Dunn's Famous Restaurant BC
e.b.o restaurant & lounge in the Delta Burnaby
Ebisu on Broadway
Ebisu on Robson
Edge Social Grille & Lounge
Edible Canada
Exile Bistro
Falconetti's East Side Grill
Feast Neighbourhood Table
Fish Shack
Fishworks
Forage
Frankie's Italian Kitchen & Bar
Fresh Restaurant & Lounge - Radisson Hotel Vancouver Airport
Fresh Restaurant & Lounge - Sheraton Vancouver Guildford Hotel
Gramercy Grill
Greek by Anatoli
Guu Garden
Gyu-Kaku Japanese BBQ - Downtown*
Gyu-Kaku Japanese BBQ Dining - Broadway*
Hamilton Street Grill
Hapa Izakaya - Coal Harbour
Hapa Izakaya - Yaletown
Harold's Bistro & Bar - Sheraton Vancouver Airport*
Horizons Restaurant
Hub Restaurant - Denman
Hub Restaurant - Yaletown
Kaya Malay Bistro
Libra Room
Luke's Corner Bar + Kitchen
Maenam
Maria's Taverna on 4th

Match Eatery and Public House - Langley
Match Eatery and Public House - New West
Merchants Oyster Bar
Milestones Grill + Bar - Robson
Mosaic Bar & Grille - Hyatt Regency Vancouver
Moxie's Grill & Bar - Abbotsford*
Moxie's Grill & Bar - Guildford*
Moxie's Grill & Bar - Langley*
Moxie's Grill & Bar - Richmond*
Nicli's Next Door
Nonna's Table
Notch 8 Restaurant & Bar - The Fairmont Hotel Vancouver
Oakwood Canadian Bistro
Olive & Anchor
Ouisi Bistro
p2b bistro & bar - Pinnacle Vancouver Harbourfront Hotel
Pacific Institute of Culinary Arts - Bistro 101
Perch Restaurant*
Personas
Pier 7 Restaurant*
PIER 73 Restaurant - Pacific Gateway Hotel at Vancouver Airport
Pink Elephant Thai Restaurant
Portobello Ristorante
Pressbox Pub
Prestons - Coast Coal Harbour Hotel
Refinery
Salathai Restaurant on Burrard
Salt Tasting Room
Sandbar Seafood Restaurant*
Seasons in the Park*
Seawall Bar & Grill - The Westin Bayshore, Vancouver
Shady Island Seafood Bar & Grill
Showcase Restaurant & Bar - Marriott Pinnacle Downtown
Siena Restaurant
Sorella
Spencer's - Delta Vancouver Suites Hotel
Spicy6 Indian Cuisine
Steel Toad Brewpub & Dining Hall
Supermarine
Sylvia Restaurant & Lounge - Sylvia Hotel
Teahouse Restaurant*
Ten Ten Tapas
Tivoli's Restaurant
Torafuku
Trattoria - Kitsilano
Urban Thai Bistro
Village Bistro
Village Table
Water St. Cafe*
West Oak Restaurant
Wild Fig
Yaletown Brewing Co.
Yaletown L'Antipasto
Yokohama Teppanyaki Japanese Restaurant*
Zend Conscious Lounge

$40 PRICE POINT

Ancora Waterfront Dining
AnnaLena
ARC Restaurant - The Fairmont Waterfront
Arriva Restaurant
Bacchus Restaurant & Lounge - Wedgewood Hotel & Spa
Bambudda
Bin 941*
Bistro Pastis
BISTRO SAKANA Neo Japonesque Sushi & Tapas
Black + Blue
Blacktail Restaurant
Blue Martini Jazz Café
Boulevard Kitchen & Oyster Bar
Bravo Cucina Ristorante
Bridges Restaurant, Bistro & Bar
Brix & Mortar
Cactus Club Cafe - Coal Harbour*
Cafe Il Nido
Cafe One - Sheraton Vancouver Wall Centre Hotel
Carver's Steakhouse
Chambar Restaurant
Ciao Bella Restaurant
Cibo Trattoria - Moda Hotel
CinCin Ristorante + Bar
COAST Restaurant
DIVA at the Met - Metropolitan Hotel, Vancouver
East is East Chai Lounge - Broadway
East is East Chai Lounge - Main Street
Federico's Supper Club
Five Sails Restaurant
Francesco's Ristorante Italia
Gyu King Teppanyaki
Hart House Restaurant
Italian Kitchen
Joe Fortes Seafood and Chop House
Juniper
Kamei Baru
Keg Steakhouse + Bar - Alberni
Keg Steakhouse + Bar - Burnaby
Keg Steakhouse + Bar - Coquitlam
Keg Steakhouse + Bar - Dunsmuir
Keg Steakhouse + Bar - Granville Island
Keg Steakhouse + Bar - Langley
Keg Steakhouse + Bar - Maple Ridge
Keg Steakhouse + Bar - Morgan Creek
Keg Steakhouse + Bar - Richmond South
Keg Steakhouse + Bar - Scott Road
Keg Steakhouse + Bar - Yaletown
Kirin Mandarin Restaurant - Downtown
Kirin Seafood Restaurant - Richmond
Kirin Seafood Restaurant - Vancouver
Kobe Japanese Steak House
La Buca
La Pentola - Opus Hotel*
La Terrazza
L'Abattoir Restaurant
Lobby - The Pinnacle Hotel at the Pier
LIFT Bar Grill View
MARKET by Jean-Georges
Miku Restaurant
Minami Restaurant*
Observatory - Grouse Mountain Resorts
ORU Restaurant - The Fairmont Pacific Rim
Pat Quinn's Restaurant
Pidgin
Poor Italian Ristorante
Provence Mediterranean Grill
Provence Marinaside*
Reflect Social Dining + Lounge
Royal Dinette
Sai Woo
Salmon House on the Hill
Salmon n' Bannock Bistro
Shaughnessy Restaurant
Top of Vancouver Revolving Restaurant
Tramonto - River Rock Casino Resort
Vancouver Fish Company Restaurant & Bar*
West Restaurant + Bar
Wildebeest
WildTale Coastal Grill
YEW seafood + bar
Zen Japanese Restaurant

READY TO RESERVE? HERE'S WHAT YOU DO:

1. Go to dineoutvancouver.com
2. Search restaurants by price, location, cuisine style.
3. Make a reservation online or call the restaurant directly.
4. On the night, pair your meal with a BC VQA wine or other beverage options.
5. Share #MyDineOutStory @DineOutVanFest #DOVF
6. Repeat!

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westernliving magazine

OpenTable

大紀元 EPOCH TIMES

COMPLETE EVENT LISTINGS

Match the date with the venue number

January 15	January 16	January 17
1	1 5 8	6 10 13
3	3 6 9	7 11 14
4	4 7 10	8 12

January 18	January 19	January 20	January 21	January 22	January 23	January 24
10	9 17	2 17 20	1 10 21 24	1 4 17	1 6 9	6 10 25
15	10	10 18	2 14 22	2 8	3 7 10	7 11
	16	11 19	3 17 23	3 10	4 8 11	8 14

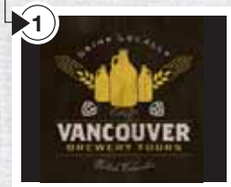
January 25	January 26	January 27	January 28	January 29	January 30	January 31
26	9 31	28	1 14	1 4	1 4 8 36	6 14
27	29	32	2 21	2 8	2 6 11	7
28	30	33	3 34	3 35	3 7 34	8

CHECK OUT OUR VIP UPGRADES!

Club Amuse-bouche offers the culinary aficionado unique and exquisite curated events and a host of perks for the true VIP experience. *See page 10 for more details.*

Venue number

1



Craft Beer & Food Pairing Tour
January 15, 16, 21, 22, 23, 28, 29, 30
Hop on and let Vancouver Brewery Tours guide your journey of beer & food pairing discovery.

2

BAUHAUS RESTAURANT TRIBUTE

Bauhaus Tribute
January 20, 21, 22, 28, 29, 30
Michelin Star Chef Stefan Hartmann pays tribute to two famous chefs with this inspired dinner series.

3

Tea Gastronomy Experience
January 15, 16, 21, 22, 23, 28, 29, 30
Tea is woven into every aspect of this unique five-course tasting menu. It's 'tea-licious'!

4

Secret Supper Soirée
January 15, 16, 22, 23, 29, 30
Vancouver's most unique culinary road trip - Hop on board this food filled adventure and enjoy a dining experience like no other.

5

Winter Beer Hall
January 16
It doesn't have to be October to celebrate beer! Dine Out's first ever Beer Hall, and first ever exclusive brew.

6

Neighbourhood Brunch Crawls
Explore Vancouver's diverse neighbourhoods on these unique "Vancouver Foodster" inspired Saturday and Sunday morning adventures in brunch!

January 16: Gastown
January 17: Olympic Village
January 23: Downtown
January 24: N. Vancouver
January 30: Yaletown
January 31: Main Street

7

Baked & Buzzed Tour
January 16, 17, 23, 24, 30, 31
Celebrate Vancouver's two best - and legal – addictions.

8

Food-Tography
January 16, 17, 22, 23, 24, 29, 30, 31
So, you like to take pictures of your food. Learn to do it like a pro!

9

HAWKSWORTH RESTAURANT

Hawksworth's Side Dishes: Alla Famiglia
January 16, 19, 23, 26
Gather your friends and family for a flavourful Canadian feast, prepared by Chef David Hawksworth and his team.

10

Street Food City V
January 16 to 24
Celebrate five years of Street Food City and feast from a collection of food trucks at Vancouver's original street food festival!

11

Cocktail Masterclasses
Award winning bartender Lauren Mote holds court and leads these one-of-a-kind cocktail seminars.

January 17 : Cognac
January 20 : Agave vs Maguey
January 23 : Vitis Constituents
January 24 : Bitters 101
January 30 : Single Malts

12

DINE OUT VANCOUVER WORLD CHEF EXCHANGE

World Chef Exchange - Sydney
January 17
Join West's Executive Chef Quang Dang in welcoming Sydney Australia's Chef Mark Best for this collaborative dining experience.

13

Brewmaster's Breakfast
January 17
Wake up and wander over for breakfast with the Brewmaster. Home of our very own Dine Out Van Fest Ale.

14

How It's Made
January 17, 21, 24, 28, 31
Vancouver's craft alcohol, behind the scenes.

15

Perfect Pizza Masterclass
January 18
Learn Chef Oliver Zulauf's top tips to the perfect pizza making in this artisan pizza masterclass.

16

Six Course Discourse
January 19
Six Chefs, 12 minutes each, one epic conversation.

17

Film Feast – The Search for General Tso
January 19, 20, 21, 22
Who was General Tso and why are we eating his chicken? Dinner and a movie, Shangri-la-style.

18

All You Need Is Grilled Cheese
January 20
Re-imagined and re-engineered. Grilled cheese for grown-ups.

19

World Chef Exchange - Puerto Vallarta - January 20
Join Ancora Chef Ricardo Valverde in welcoming Mexico's Chefs Ignacio Cadena and Alfonso Cadena for this collaborative Latin American dinner.

20

Art, Eat & Sip
January 20
An extraordinary night of art, eating and drinking on Granville Island.

21

Craft Beer & Sweets Pairing Tour
January 21, 28
Hop on and let Vancouver Brewery Tours guide your sweet tooth to the world of beer and treats.

22

World Chef Exchange - Los Angeles
January 21
Join Hawksworth's Chef David Hawksworth in welcoming Los Angeles Chef Sang Yoon for this collaborative West Coast dinner.

23

Dinner At The Birdcage
January 21
"Diner en Drag"? Our hosts go glam in this re-interpretation of a cult classic drag cabaret.

24

Café Medina's Breakfast For Dinner
January 21
Break all the rules with this 'breakfast-for-dinner feast with a Mediterranean twist.

25

A Distillers Dinner
January 24
The Acorn Restaurant and Odd Society Spirits team up for this seasonal five-course tasting and cocktail pairing menu created just for you.

26

Robbie Burns Pop-Up Dinner
January 25
Celebrate the birth of Scotland's favourite son with this exclusive dinner and single malt masterclass.

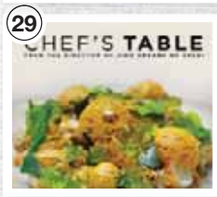
27

World Chef Exchange - New York
January 25
Join Wildebeest's Chef Pekka Tavela in welcoming Brooklyn based Chef Daniel Burns for this collaborative dinner.

28

Kitsilano Craft Pizza Meets Craft Beer
January 25, 27
Create your own flatbread craft pizza, and drink local craft beer. Need we say more?

29



Film Feast: Chef's Table – Magnus Nilsson
January 26
An inspired twist on 'dinner and a movie'. Part one of a series that delves into the lives of the world's celebrated chefs.

30

Mamie's Low Country Pig Roast
January 26
Nothing beats some good ol' fashioned comfort food in the dead of winter.

31

Bhangra with VIJ'S
January 26
An Indian feast the likes of which only Vikram could host.

32

Feast with the Fish
January 27
We'll bet your dinner companions have never included reef sharks, seahorses, and sea turtles before.

33

Film Feast – Chef's Table – Niki Nakayama
January 27
The Fairmont Pacific Rim redefines 'dinner and a movie' and delves into the lives of the world's celebrated chefs.

34

Act I Eat 1 – Common Grace
January 28, 30
Between the flowered cards, casseroles, overpriced caskets and hidden bottles of wine lies this provocative family drama.

35

The Grape Debate
January 29
Should wine be made to age, or made to drink? All bets are off in this lighthearted yet serious debate. All is resolved with the wine tastings that follow!

36

World Chef Exchange - Copenhagen
January 30
Join Royal Dinette's Chef David Gunawan in welcoming Danish Chef Rasmus Leck Fischer for this collaborative dinner.

Join the Conversation:

@DineOutVanFest #DOVF
groups/dineoutvanfest
DineOutVancouverFestival
dineoutvanfest

Dine Out Vancouver World Chef Exchange

Last year, Brighton & Hove Food & Drink Festival's International Chef Exchange saw Executive Chef Felix Zhou (Beach Bay Café) trade kitchens with the UK's Matty Bowling (Terre a Terre)—and in a few short weeks, Vancouver will take the baton by hosting its own World Chef Exchange.

Generously supported by Air Canada and The Westin Bayshore Hotel, the Vancouver World Chef Exchange is a collaborative project designed to spread Vancouver's culinary story across the globe, bring leading food cities closer together and, of course, dish up a never-before-seen dinner for hungry patrons. The premise is simple: international and local chefs team up to craft a series of powerhouse feasts, fusing global flavours and regional ingredients for a once-in-a-lifetime dining experience.

Pairing the world's most creative culinary talents with Vancouver's own is no small feat. Months in the making, the 2016 program includes five chefs from all corners of the world who will step into their partner chefs' Vancouver kitchen to cook up a storm during their Dine Out collaboration. We invite you to join us at the table as we welcome culinary all-stars from Sydney, New York, Copenhagen, Puerto Vallarta and Los Angeles. #VWCEx

For details and to book tickets, visit www.dineoutvancouver.com/events

Sydney's Chef Mark Best and Vancouver's Chef Quang Dang at West Restaurant - Date: January 17

Chef Best's Marque Restaurant has been named among the world's best restaurants (Traveller World, Gourmet Traveller), dishing up contemporary Australian cuisine amplified by out-of-the-box techniques. The New York Times says it best: "You will not eat food like this, encounter such ideas on the plate, elsewhere."

Puerto Vallarta's Chefs Nacho and Poncho Cadena and Vancouver's Chef Ricardo Valverde at Ancora Waterfront Dining + Patio - Date: January 20

The chefs behind LA LECHE are a father-son duo whose restaurant is not only lauded as one of the best in Mexico, but is also credited with changing the face of the country's restaurant market. The focus—regional ingredients and an inventive menu—makes for a perfect pairing to combine the flavours of Vancouver and Vallarta.

Los Angeles' Chef Sang Yoon and Vancouver's Chef David Hawksworth at Hawksworth Restaurant - Date: January 21

Chef Yoon's Father's Office pairs craft beer with finessed pub fare, taking inspiration from Europe's rich bar culture and in-season ingredients. His second restaurant, Lukshon, plates exquisite Southeast Asian cuisine with contemporary perspective, focusing on flavourful ingredients.

New York's Chef Daniel Burns and Vancouver's Chef Pekka Tavela at Wildebeest - Date: January 25

Chef Burns' Michelin-starred Luksus is situated in the back room of Brooklyn beer bar Tørst, yet it offers one of the city's most elegant and honest menus. The concept is earthy, simple food – seasonal and interesting ingredients combined and presented in unexpected and adventurous ways, enticing even the most wary palates to dine adventurously.

Copenhagen's Chef Rasmus Leck Fischer at Vancouver's Chef David Gunawan at Royal Dinette - Date: January 30

Chef Fischer, the brains behind Gastronomisk Innovation, has worked at triple-star Michelin restaurants and develops recipes for notable culinary magazines. His focus is using old-fashioned techniques—like cooking from scratch without using kitchen machines. Chef's words: "Food can be insanely tasty if it has a rustic expression and hasn't been served with tweezers."

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DINE OUT VANCOUVER FESTIVAL

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Check In and Dine Out

Make a getaway out of your Dine Out Vancouver Festival experience with special hotel room rates and exclusive packages.*

Special Room Rates
$80, $110 and $140 rooms are available at hotels across the city, from right in the heart of downtown out to the Vancouver International Airport.

Dine and Stay Packages
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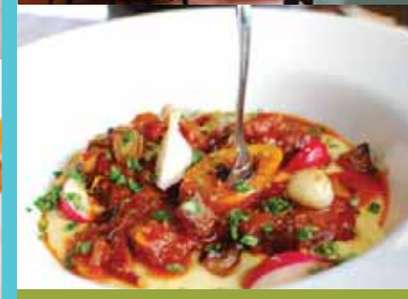

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